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City's transit manager fired

TRANSIT

City refuses to confirm, deny link to Metro Line delays



Stephanie Dubois
Metro | Edmonton

Charles Stolte, the second-in-command at Edmonton Transit Services, has been fired from his position just days after the latest Metro Line LRT delay announcement made headlines.

According to city sources, Stolte was let go on Monday.

An online profile on Edmonton's website reads that Stolte has over 30 years experience "working in transit properties across Canada."

Dorian Wandzura, head of transportation with the city, declined to comment on the

dismissal, refusing to confirm or deny whether Stolte's firing was linked to the \$665-million Metro Line's delay of more than a year.

Mayor Don Iveson told media Tuesday that he was aware of the change in staff but also had no comment on the dismissal.

Asked if anything would move ahead differently due to the staff shake-up, Iveson said LRT operations are evolving as mass transit in the city grows.

"Regardless of any changes in management within the organization, future LRT procurement to the southeast is being handled differently," he said.

Iveson added that Stolte's dismissal was not putting the LRT program in jeopardy.

"People can clearly under-

stand that this is a technical issue, and the reason everyone's frustrated is they look forward to the system being activated, which I'm confident it will be in relatively short order — at least to an interim status of operation."

The change at ETS comes immediately after an announcement Monday that the Metro Line LRT was yet again delayed.

Previously, transportation officials said the line would open at the end of May. But continuous problems with merging old and new signalling systems has forced them to leave an opening date an open question.

Further, as Iveson detailed at the news conference when the line does open it will open in an "interim capacity."

WITH FILES FROM TIM QUERENGESSER

5th

This is the fifth delay of the LRT project, with the line initially supposed to open in April 2014.



Out of the SHADOWS

Stephen Kakfwi, a residential school survivor and former premier of the Northwest Territories, hoists his granddaughter Sadeya Kakfwi-Scott in Ottawa Tuesday as the Truth and Reconciliation Commission released its final report. Coverage in metroNEWS. THE CANADIAN PRESS

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Minister vows to fix motel woes



Human Services Minister Irfan Sabir in his legislature office on Tuesday. Sabir is pledging to take action on the issue of vulnerable Albertans living in motel rooms that was first reported by Metro. RYAN TUMILTY/METRO

PROJECT WATCH Health Services chief aims to help city's vulnerable

 **Ryan Tumilty**
Metro | Edmonton

Alberta's new Human Services minister has asked his department to find ways to address the problems Edmonton Police uncovered with the government's use of motels to house vulnerable people.

As Metro first reported, Edmonton Police launched an initiative called Project Watch over a year ago, after initially noticing a spike in crime and disorder calls around a cluster of motels in West Edmonton.

Police eventually found the motel rooms were being rented to vulnerable families at government expense.

Project Watch found the rooms were often in terrible conditions, with bed bugs, mice and other problems commonplace.

It also found that vulnerable families were living alongside people involved in drugs and prostitution.

"Seven deputy ministers are working towards reviewing the recommendations of the Edmonton Police Service Project Watch and we will do our best to make sure that families get what they need," said Human Services Minister Irfan Sabir, in an exclusive interview with Metro at the legislature on Tuesday.

He said he expects recommendations from those deputy ministers by the end of this month.

The Calgary MLA said, overall, he wants to move the department away from using motels, but for now he wants them to be safe.

"Our No. 1 priority is to make sure that vulnerable people have permanent, stable housing and that hotels and motels are only used as a last resort," he said.

Sabir said there has been a lot to digest in the 10 days he has been minister, but he hopes to deal with the problem quickly.

"We will make sure that those families get safe and

stable housing."

According to Sabir, the department spent \$4.57 million on emergency housing vouchers for situations like this in the last fiscal year.

About 87 per cent of that money went to clients in Edmonton.

Susan McGee CEO of Edmonton's Homeward Trust CEO told Metro last month that her agency had been working on the problem since December.

It had managed to place 42 families in permanent homes, with the agency working with another 70.

Sabir said the real solution to the problem is clearly more affordable housing and he is open to working with all levels of government to see it built.

"We intend to co-operate with those other entities to bring an end to homelessness," he said.

He said as people are coming off the street or fleeing dangerous living situations they need a place to move to and it shouldn't be motels like in these situations.

"We need to have something in place that people can transition to."

PROFILE NDP newcomer Sabir knows the struggles of those he serves

Newly appointed Human Services Minister Irfan Sabir has lived the experience of many of the clients his sprawling department will now be called upon to serve.

The Calgary MLA was a virtual unknown when he was plucked into Premier Rachel Notley's cabinet to run the department.

Sabir immigrated to Canada from Pakistan in 2004. While he had a masters degree in economics from a university there, his credentials weren't recognized.

"I had to start from scratch. I

started at a Mac's convenience store and all kinds of other start-up jobs," he said.

Sabir got a masters in social work and worked for the Salvation Army on homelessness. He then obtained a law degree, practicing with a specialty in Aboriginal law, notably land claims and residential school settlements.

"Some of the people who benefit from those services are newcomers, so as a newcomer, I have the experience," he said.

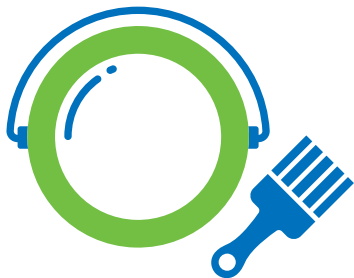
Overall Sabir said his goal will

be to see his ministry provide help to those who need it most.

"The mandate of this ministry is to try and create more resilient families and make sure vulnerable people are able to get support," he said.

Another major file for the Human Services department is the death of children in provincial care. Sabir said he wants more transparency about the system in these incidents and wants all deaths independently investigated.

RYAN TUMILTY/METRO



The 'Get-your-own-place' Stage.
See page 31 for full details.

IN BRIEF

Minor earthquake shakes Alberta town; no damage
Residents in west central Alberta had a shaky start to the day.

The Geological Survey of Canada says an earthquake

happened around 8:30 a.m. near Rocky Mountain House.

The agency's Honn Kao says the quake was minor and shallow, with a depth of less than five kilometres.

He says it registered 3.5 on the Richter scale, with the epicentre about six kilometres northwest of town.

No damages have been reported.

THE CANADIAN PRESS

3 THINGS TRUTH AND RECONCILIATION

On Tuesday, Justice Murray Sinclair released the final report of the Truth and Reconciliation Commission. The report states, "Too many Canadians know little or nothing about the deep historical roots" of residential schools. Here are three things to know:

1. What happened at residential schools? Many of the 150,000 kids to go through the schools were physically abused or sexually assaulted. And many of the schools, which opened in 1870s and the last of which closed in 1996, provided inferior education — often only up to a Grade 5 level.

2. What's the Truth and Reconciliation Commission? Created in 2008 after Ottawa's official apology for residential schools, the commission has held dozens of meetings across the country gathering stories from survivors of the schools. The ultimate goal — depending on funding from Ottawa — is to create a database on the schools.

3. What's Edmonton's role? Our city has the largest population of residential school survivors in Canada. As such, it's a big issue for city council. "Anyone who actually listens (to a survivor's story) ... cannot possibly sustain racism any further. And so I challenge Edmontonians to learn more ... and that is the beginning of reconciliation," said Mayor Don Iveson on Tuesday. METRO

METRO ASKED ...

What does reconciliation mean to you?

It means making up for past mistakes done by the government. I don't know if it's possible, but it must be attempted.

Reconciliation doesn't have to come from government, but from within those affected. That compensation can be there, yes, but people also have to choose to move forward from a vulnerable time in their lives, and let it go.

The government finally apologized for wrongdoings and they're listening. That's the biggest step. I'm happy survivors are speaking up and there will be financial compensation.



Aaron Hankewick, 42



Muhammad Yakubu, 40



Chris Peterson, 46

ALL PHOTOS LUCY HAINES/FOR METRO



After 25 years, a mural depicting missionaries taking indigenous children to residential schools, left, in Grandin LRT station was "spoken back to" by a second mural, right, which was painted by indigenous artist Aaron Paquette and Sylvie Nadeau. KEVIN TUONG/FOR METRO

Station for change

EDMONTON AND THE TRC

Story of Grandin LRT an example for our city: Artist

Tim Querengesser
Metro | Edmonton

It was 2011 and Aaron Paquette, a Métis First Nation artist from Edmonton, was at a meeting to discuss the mural in the Grandin LRT station.

Paquette says he and every other indigenous person in Edmonton knew of the mural.

Commissioned by the city in 1989 and painted by artist Sylvie Nadeau, the mural pays homage to Bishop Vital Grandin. But it's what's on it — a depiction of indigenous children being removed by missionaries and taken to residential schools — that sparked the meeting.

"As a kid ... I never understood why my relatives didn't want to go down there," Paquette said Tuesday, as the Truth and Reconciliation Commission's report was released in Ottawa. But as he grew, Paquette says, his knowledge evolved.

His story mirrors the story of Edmonton, which commissioned Nadeau's work 26 years ago but came to see it as a prob-

lem. And as the TRC releases its report — calling on people and cities to create reconciliation — Paquette and several Edmonton officials say the story of Grandin LRT's second mural is at least a starting point.

Mike Chow, head of Edmonton's aboriginal relations office, said the process to create the second mural, unveiled in 2014, is an example of how loaded the word "reconciliation" is.

"The process actually took four years and it was a journey for all of the people who were so involved to come together, heal, understand each other, develop a relationship, before they could even put something down on paper," he said.

At the 2011 meeting, Paquette says, tensions were high. Indigenous representatives asked: "Why don't you just rip that down?" he said. Representatives from Francophonie jeunesse de l'Alberta replied: "We didn't intend it that way," he said.

Eventually, the group decided to remove the mural. "But that didn't sit well with me," Paquette said. "It felt like it was too convenient to whitewash our history and cover it up."

Paquette won the group over, and also won a contract to paint a response to Nadeau's mural. But, he told them, he had one stipulation. "Sylvie has to be involved."

And she agreed to it. The two worked together to



A section of the second mural. KEVIN TUONG/FOR METRO

create a depiction of 10,000 years of Edmonton's history, which was unveiled last March.

Paquette says there was drama and frustration — but that the process helped both he and Nadeau understand how complex a concept such as reconciliation really is.

"If you're to ask me what reconciliation looks like, it's real work, boots on the ground, hearts opening, discussions," he said.

Is the Grandin mural a good example?

"I see it as a start. It's a space now that's recognizably indigenous, and it's also a teaching tool. But in a city like Edmonton, on a practical level, reconciliation is what we teach in school, the spaces and places we make."

+ MORE COVERAGE, pages 12 and 13

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PARKING METERS

E-Park launch put off at least a month



Ryan Tumilty
Metro | Edmonton

The long-awaited rollout of the city's E-Parking meters is being delayed at least a month, as the city has yet to sign the necessary contracts.

City councillors endorsed plans earlier this year to sign an agreement to use Calgary's Park Plus system as the software for the new electronic meters.

The Calgary system allows drivers to pay for parking with credit cards and top up parking with their phones, plus it allows for easier enforcement.

The city issued a separate tender for the physical machines and while that has closed, city spokeswoman Laura McNabb said they're still ironing out the details.

"The contracts aren't

signed. There has been no contract finalization for either the equipment or actually the software, so they're not going to be rolled out," she said.

She said the new target is the end of June, but that is a soft target with no official date.

But the head of Cale Parking Systems, the company that supplies Calgary's machines, is facing bribery charges relating to the company's dealings in Portland, Ore.

According to a press release from the U.S. Attorney's office, George Levey the president and owner of the company pleaded guilty on April 29 and will be sentenced in August.

McNabb said the city is aware of that situation, but can't say if Cale was at all involved in the bidding.

"I can't reveal that at this time. The process is still under way."



A few of the new meters are out, but a broader launch has been delayed as the city finalizes contracts. RYAN TUMILTY/METRO



A school bus driver received an apology from the Catholic school board after he was attacked by a student. TORSTAR NEWS SERVICE

Board apologizes to school bus driver

TRANSPORTATION

New video shows abuse from students

After a second video emerged showing a bus driver suffering abuse at the hands of a student passenger on May 25, the Edmonton Catholic School Board is backtracking on its

recent call for the firing of a bus driver.

"In light of the second video showing an assault on the driver, we realize we should not have requested the driver's termination and have apologized to his employer, Cunningham Transportation Services, and will be apologizing to the driver as soon as we can reach him," the school board said, in a release.

"The District does not in

any way condone the behaviour of the two students involved in the separate incidents on the bus and the principals for both students were made aware of the situation so that they could take measures, which they have."

On Monday, Metro reported that a new video of the incident — which resulted in a Grade 7 student being kicked off a school bus by the driver — showed a different perspec-

tive than the first video.

That first video, which led to the school board calling for his firing, showed only the bus driver kicking the student off the bus at a location that was not his stop.

Still, regardless of the backtrack, the school board is clarifying expectations for drivers on where they can drop off students "for safety reasons."

METRO

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2015 **TUCSON GL FWD MANUAL**



HWY: 9.3L/100 KM
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HWY: 9.8L/100 KM
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GLS model shown ♦

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HEALTH

Dialysis patient dies, 'human error' blamed for contamination

Alberta Health Services says one of four dialysis patients mistakenly treated with contaminated water in an Edmonton hospital last week has died.

It's not yet known if the patient's death on Sunday was connected to the water problem two days earlier at Royal Alexandra Hospital.

Another patient remains in hospital, one has been moved off the acute-care unit and another has been discharged.

Health services president Vickie Kaminski told reporters Tuesday that the contamination was due to "human error."

A wrong valve was opened during regular system cleaning and a chemical was released into the water used for dialysis.

"Instead of having it come out into the discharge bin, it went back into the line that was circulating through the dialysis equipment," she said.

She said the chemical was a combination of peracetic acid and hydrogen peroxide, which would cause "a sunburn-like reaction inside the body."

The mistake was discovered within a few minutes, she said, and the dialysis water supply was immediately turned off. The four patients were notified and portable dialysis was used while the water was flushed and cleaned.

Exposure was limited and the four patients did not feel any immediate effects, Kaminski said.

She didn't know what pre-existing health problems the

patients were suffering from that required the dialysis.

The agency is conducting a review to ensure the mistake doesn't happen again.

Workers are installing extra lockouts on valves, improving valve indicators and posting better signage to ensure the water supply is protected from contamination.

"We apologize to all of our patients that this happened. We don't want it to cause any lack of trust in the health-care system," Kaminski said.

"We want people to be reassured that no one is at risk, that we have in fact resolved this issue and that there is no residual problem for our dialysis patients." THE CANADIAN PRESS



CONSTRUCTION HIDDEN NO MORE The first of the two Fox Towers being constructed on 104 Street has shed its white plastic coating and given Edmonton the first view of its exterior. KEVIN TUONG/FOR METRO

Facility for LGBTQ seniors in the works

HOUSING

Community members say discrimination felt at homes



Stephanie Dubois
Metro | Edmonton

It's still early days, but community members have started work to build senior housing for members of the elderly LGBTQ community in Edmonton.

The seniors housing would allow elderly individuals to age in a place that is inclusive, which is not always the case in some existing seniors residences, according to Murray Billett, one of the individuals working on the project.

"As we get older, what we're recognizing is some older gay people have to go back into the closet when they move into a nursing home," said the human rights activist.

Often these seniors are part of a generation where they were persecuted or considered "criminals," explained Kris-



The Edmonton Pride Festival celebrates 35 years in Edmonton this year. Celebrations from 2010 are pictured in this file photo. COURTESY CITY OF EDMONTON

topher Wells, co-director of the Institute of Sexual Minority Studies and Services at the University of Alberta. That becomes apparent when the members of the pride community enter a shared housing facility, he said.

"These seniors become particularly more vulnerable," he added.

San Francisco currently offers housing and social programs for LGBTQ seniors, with the Openhouse initiative's website stating they have "reduced isolation and empowered LGBTQ seniors."

The startup of the seniors housing project starts just before the opening celebrations of the 35th year of Edmonton Pride Festival.

Reviews and studies into a LGBTQ seniors centre is underway, but it's still too early to say what it could look like, said Billett.

Wells, a supporter of the idea, says the infrastructure would add to the vibrancy of the city as an important option for the aging population.

"They say there's a lot to learn from our elders and our LGBTQ seniors are an important part of that. This conversation is long overdue."

WILDFIRES

Firefighters helped by cooler weather

Cool, wet weather is helping crews in Alberta get more of a grip on wildfires.

The improving situation has prompted the government to remove the fire ban in central and western parts of the province.

The fire ban in northern forested areas outside of communities has been downgraded to a "fire restriction" because the wildfire hazard remains high.

Provincial officials say there are about three dozen fires burning across the province, including four that are out of control.

Main efforts are being focused on an out-of-control fire that continues to rage on the air weapons range at Canadian Forces Base Cold Lake.

Firefighters have contained

a major blaze north of Conklin in the northeast.

Other wildfires are burning in remote areas south of the Northwest Territories boundary.

Wildfire officer Richard

Horne says weather conditions have improved, but the province is not lowering its guard.

Nor is it considering sending firefighters from other provinces home.

"The weather that we have had has reduced the po-

tential of new fires, but in terms of the fires that we have, the boots on the ground are making all of the difference here," Horne said Tuesday.

"Nature is not going to put these fires out for us."

More than 500 square kilometres have burned since April 1. THE CANADIAN PRESS

317

Number of firefighters brought in from other provinces.

IN BRIEF

Judicial recount confirms narrow win for Alberta NDP in Calgary Glenmore

A judicial recount has confirmed that NDP candidate Anam Kazim is the winner in Calgary Glenmore in the recent Alberta election.

Elections Alberta says the recount by Alberta Court of Queen's Bench confirmed that Kazim defeated incumbent Progressive Conservative Linda Johnson by six votes.

The recount added three

votes to each candidate's total, giving Kazim a narrow win of 7,018 votes to 7,012 for Johnson.

Johnson has two days to decide whether she wants the recount to be reviewed by the Alberta Court of Appeal.

If not, Kazim will be sworn in as the 53rd member of the NDP caucus.

If Johnson appeals and wins, she would boost the Tory total in the legislature to 10. CANADIAN PRESS



Some older gay people have to go back into the closet when they move into a nursing home.

Murray Billett

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NATURE

Hotel abuzz over new role as luxury lodging for bees

Lucy Haines
For Metro | Edmonton

The historic Hotel Macdonald is already an iconic spot in Edmonton's downtown, known for its storied architecture and killer back patio with a river valley view.

But now, some 16 Fairmont properties across Canada — including the Hotel Macdonald — will become so called 'bee hotels,' partnering with Burt's Bees Canada's Wild For Bees program.

Finishing touches for a bee structure atop the Hotel Macdonald and a soon-to-come formal launch are still in the works, but a pollinator menu and signature drinks

will help patrons celebrate June as Pollinator Month in hotels across the chain.

In a release, Fairmont vice president Jan Mackie said "by building more than a dozen luxury bee hotels from coast to coast, we are doing our part to build a more sustainable world."

Edmonton Food Council co-chair Jennifer Fisk and her team advocated for the urban bees pilot project last year, when hives were allowed in residential backyards and on rooftop patios.

The project has since been given a permanent go-ahead.

"The bees and other urban agriculture initiatives are a great way to use vacant space — it encourages low impact and low intensity gardening," she said.



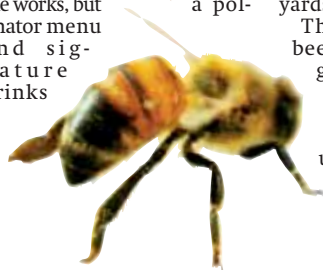
"We're into urban agriculture more than ever here. There's momentum that can't be ignored."

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Jan Mackie,
Hotel Macdonald



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University of Alberta's Peter Silverstone said time is running out on EMPATHY — a pilot project designed to curb the rates of suicidal thoughts and depression in youth. LEAH HOLOIDAY/METRO

Suicide-prevention program may close

YOUTH

Ex-premier promised funding, but future unclear

Leah Holoday
Metro | Edmonton

An Edmonton academic is pleading for the province to keep a funding promise from the former government that would ensure a pilot project targeting depression and anxiety in students is able to survive the end of the school year.

University of Alberta's Peter Silverstone said EMPATHY — a pilot project used over the last two years to decrease the rate of suicides at Red Deer Public Schools — has less than 30 days before funding will run out.

"It will die at the end of this month," said Silverstone. "Lay-off notices are being issued to many of the staff involved, and for me it's very sad and actually quite disappointing."

Silverstone, a professor in the psychiatry department, introduced the program in 2013 to help students deal with anxiety, depression and suicidal

thoughts, after he watched an interview with the school district's superintendent talking about a dramatic number of student suicides.

"In one of the schools involved, in the year before we did this program, tragically four kids committed suicide," said Silverstone. "There has been none in the two years of that school since (the program)."

To date, 4,500 Red Deer students aged 11 to 18 have been screened for low self-esteem, quality of life, depression, suicidal thoughts, anxiety and drug or alcohol use.



Half the kids identified as being seriously at risk ... are not on anybody's radar.

Peter Silverstone

Students who are considered high risk meet with staff that work with them and their parents to learn better ways to deal with depression and anxiety issues.

"For me, one of the most amazing things about this program is that half of the

kids identified as being seriously at risk, including those who are actively suicidal, are not on anybody's radar," said Silverstone.

"They're not on the parents radar, they're not on the teacher's radar, they're not on their counsellors' radar."

After just 12 weeks, the number of students who were actively suicidal dropped from 125 to 30. Overall, researchers saw a 15 per cent drop in depression and a 11 per cent drop in anxiety.

Former premier Jim Prentice promised funding to expand the program in April, but since the change in government, Silverstone worried the future of EMPATHY is unclear.

Health Minister Sarah Hoffman said the research from the project is encouraging and the government is committed to improving mental health services for children and youth.

"Our government will work with leadership in Alberta Health and (Alberta Health Services) to review this pilot within the context of our overall mental health strategy," she said in a statement.

"It's unfortunate the previous administration committed to continuing this program without allocating resources in their budget."

First Nations HIV rates uncertain

HEALTH

Infection statistics unavailable for many reserves



Leah Holoday
Metro | Edmonton

What began as a class assignment for two Edmonton nursing students ended up shedding light on how little is known about the health and wellness of the indigenous population in Alberta.

Fourth-year nursing student Megan Foley and her research partner, Jessica Olynyk, said they were motivated to investigate HIV rates in local indigenous communities as part of a community health rotation at MacEwan University.

Nationally, indigenous people make up 12 per cent of the country's new HIV infections, but only represent four

per cent of the total population.

Partnering with HIV Edmonton, Foley and Olynyk attempted to find what possible contributing factors were at play when it came to the high rate.

"Basically, when it came to us trying to find anything about the determinants of health, it was difficult for a number of reasons," Foley explained.

Along with a lack of research, Foley said it was difficult to access information on individual First Nation reserves. Even data from Statistics Canada was erratic.

"We would find information on one reserve and then it would be absent for the next," she said.

Foley said through the data they could collect, they were able to determine that several factors played a role in the high HIV rates.

"All in all, one thing we did find was there is a large lack of access to medical care, education, to proper housing, to

"We would find information on one reserve and then it would be absent for the next."

Megan Foley

proper income and all of those determinants of health that really impact health and in particular HIV," Foley said.

For Dylan Richards, the Aboriginal Community coordinator with HIV, the limited amount of information valuable to researchers was frustrating but somewhat expected.

"We realize there are some really huge gaps with how we deal with Aboriginal health and wellness."

Richards said these most recent example should serve as a lesson on what needs to be done to reestablish the relationship between indigenous people and the rest of society.



A HIV test kit is shown in this file photo.

THE CANADIAN PRESS FILE

HANDICAPPED PARKING

Photo shames police

An Edmonton police officer has been ticketed for improperly parking his marked police vehicle across several parking stalls, one of them a space reserved for handicapped drivers.

Insp. Gary Godziuk said the 10-year veteran of the force and a colleague were in the middle of transporting equipment on a long trailer to a fund-raising event and "stopped for a cup of coffee at Tim Hortons."

A photo of the infraction appeared on Facebook and Twitter on Tuesday morning, accompanied by a storm of criticism, including one man's sarcastic suggestion: "Must have been a real donut emergency."

Godziuk described the incident as "embarrassing" and the police department released a video on YouTube to apologize.

He said it is "not conduct that we expect from our officers" and said the officer involved has been talked to in addition to the ticket.

Godziuk declined to release the officer's name.

THE CANADIAN PRESS



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WIND



Edmonton Catholic Schools' Santo Saporito and Megan Filice will be welcoming a one-of-a-kind parenting course at Cardinal Collins High School this September. LEAH HOLOIDAY/METRO

Parenting 101 for high-schoolers

EDUCATION

Unique course offers training to young moms and dads



Leah Holoday
Metro | Edmonton

While there may be no guidebook for how to be a good parent, one Edmonton teacher is hoping to provide her students with the tools they need as they navigate parenthood.

Preparation for Parenting 35 is a one-of-a-kind course set to launch this September at Cardinal Collins High School in north Edmonton for young parents or pregnant teens.

Megan Filice created the Grade 12-level course after seeing a serious gap in educa-

tion for young parents.

Filice said before the course, a young moms' group was offered to answer students' questions, but when it came to crunch time with exams, some opted to focus on their studies.



They know they want more for their kids than they had.

Megan Filice

By offering the same information in a credited course, Filice hopes students will be able to focus on their education and parenting skills.

"Realistically, this is more valuable to them than taking a course on mechanics," she said. "They need it, it's important and it's going to benefit

them and their families."

Principal Santo Saporito, who oversees School of Alternative Education in the Catholic school district, said he hopes that the course might soon be offered throughout the district.

"Being a parent (and) having parental knowledge and skills is so essential," he said. "It's the most difficult role any individual is going to experience in their lifetime so why not offer it at the school level. Why not offer a program that will slowly but surely develop the knowledge and skills that our students need."

For Filice, the course is intended to not only educate students, but to help break the cycle some of her students see themselves stuck in.

"They know they want more for their kids than they had and they just need support in doing that," she said.



SOCCER READY FOR THE WORLD Members of Canada's women's national soccer team arrive at Edmonton International Airport Tuesday in preparation for the FIFA Women's World Cup, which begins this weekend and stretches until early July. KEVIN TUONG/FOR METRO

CRIME

Charges laid in attack of man awaiting trial in child's death

A man has been charged in the case of an attack on a man awaiting trial in the death of an Edmonton toddler.

Richard Suter has said three men came to his door in January, posing as police officers, and took him to a rural area where they cut his thumb off.

Suter, 64, is scheduled to go to trial later this year on charges including impaired driving causing death.

Two-year-old Geo Mounsef was killed and four other mem-

bers of his family injured when an SUV went through a glass partition at the patio of an upscale Edmonton restaurant.

Police spokesman Scott Pattison says Steven Gordon Vollrath, 32, has been charged with kidnapping and aggravated assault.

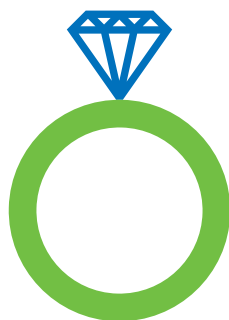
Although Edmonton police won't confirm a connection, last week seven charges were laid against a man by the same name who is accused of trying to shoot a police officer in New

Westminster, B.C.

Vollrath is accused of leading police on a high-speed chase through three jurisdictions before escaping on May 18.

Police say the drama began when they responded to reports of two people sleeping in a vehicle and that the driver allegedly awoke and pointed a handgun at an officer, though it didn't discharge.

Vollrath was arrested in Canmore, Alta. THE CANADIAN PRESS



The 'Put-a-ring-on-it' Stage.

See page 31 for full details.



Tegan Pasitney, left, and Emma Workun race each other at the Edmonton BMX course Tuesday afternoon. KEVIN TUONG/FOR METRO

BMX thrills drawing youth

SPORT

City seeing rise in sport's popularity



Stephanie Dubois
Metro|Edmonton

For the last three years, 13-year-old Tegan Pasitney has parked her bike at the top of the Edmonton BMX course in the Argyll neighbourhood.

"Waiting to ride, you don't really know what's going to happen. That's really nerve-

wracking," she said.

Then, when the starting light turns green, her heart starts pumping as she and the competition pedal as quickly as they can to get to the finish line on the BMX course at any given race.

Pasitney is one of 150 members with Edmonton's only BMX park. She's also part of a growing number of youth, starting as young as three years old, tackling the sport.

Edmonton has one of the biggest BMX clubs in Alberta due to the growing number of youth, with as many 120 kids regularly showing up Mondays and Wednesdays for race night

at the track.

As track board member Donovan Workun explains, the bike park provides an alternative for those opting out of team sports.

"We did the hockey thing with my son for a while, and he wasn't really into team sports, so we wanted to get him into something a little more personal based. He picked up golf really easily, and this was another sport he picked up," he said.

But like hockey, the sport isn't known to be the most cost-friendly. BMX racing bikes can start at around \$300 for the younger participants and run as

high as \$3,000 for older riders.

In addition to a sweet ride comes the cost of a helmet and body gear to protect the rider just in case there's a tumble, explained Workun.

Although BMX has been around for more than 30 years, the popularity of the sport — which sees riders perform tricks and jumps — has seen a recent resurgence in

Edmonton, says Revolution Cycle owner Dennis Aronyk.

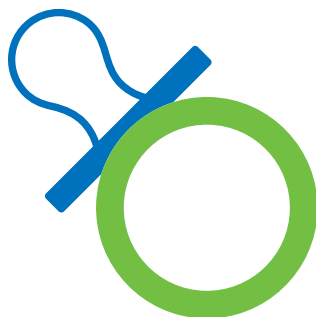
But the BMX racing scene isn't quite at peak popularity yet, he said. Out of 250 BMX bikes they sell on average per season, only 50 of them are specifically for the racing style used at the track in Argyll. It's something Aronyk wants to see change in the city.

"I would love to see the

(BMX) race scene grow. Any kid with even just a small enough natural talent can train to one day be amongst the best," he added.

It's a goal that Workun's 12-year-old daughter Emma is striving for. With races among the guys sometimes par for the course, the teenager said she rides for the thrill.

"I love those hills," she said.



The 'Baby-on-the-way' Stage.

See page 31 for full details.

Diet Study for Ulcerative Colitis

Goal: To see if 6 months of healthy diets can reduce the frequency of relapse

Who: People with Ulcerative Colitis, ages 18 to 75 years

What is required: 4 in-person visits and 3 telephone visits over 6 months; completion of surveys and provision of blood, urine and stool samples

What you receive: Specific nutrition counseling for an anti-inflammatory diet

Costs to you: Parking is paid. You will also receive a small gift card in compensation.



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Report highlights 'urgent' need for reconciliation

COMMISSION

Government pursued policy of 'cultural genocide'

The residential schools that removed aboriginal children from their homes, subjecting many of them to substandard education, malnutrition, abuse, illness and even death was a key part of a government-led policy that amounted to cultural genocide, the Truth and Reconciliation Commission concludes.

"These measures were part of a coherent policy to eliminate Aboriginal people as distinct peoples and to assimilate them into the Canadian mainstream against their will," says the 381-page summary of its final report released Tuesday in Ottawa.

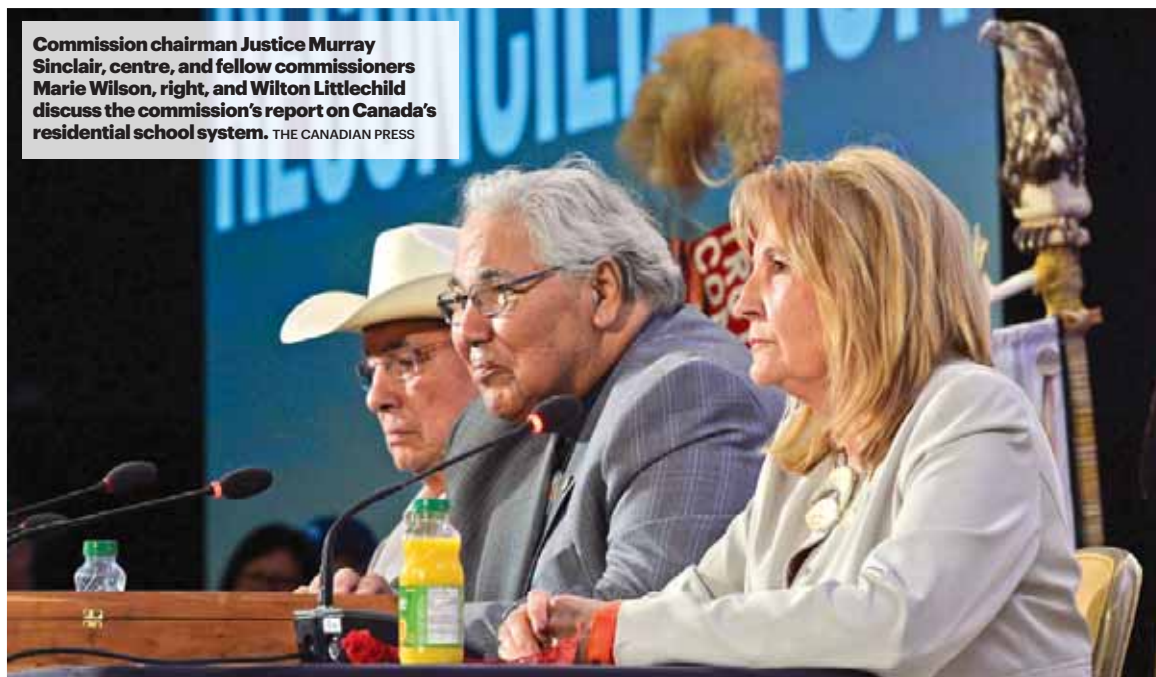
"The Canadian government pursued this policy of cultural genocide because it wished to divest itself of its legal and financial obligations to Aboriginal people and gain control over their land and resources," says the report.

+ DETAILS

Aboriginal kids' deaths higher, Commission notes

The Commission also notes that until the 1950s, aboriginal children in their care had a much higher death rate than school-aged non-aboriginal children, and that when the cause of death was reported, it was most often from tuberculosis. TORSTAR NEWS SERVICE

Commission chairman Justice Murray Sinclair, centre, and fellow commissioners Marie Wilson, right, and Wilton Littlechild discuss the commission's report on Canada's residential school system. THE CANADIAN PRESS



The heart-wrenching and damning report is the culmination of a six-year examination of the history and legacy of residential schools — largely operated by churches and funded by the Canadian government — that saw 150,000 First Nations,

Métis and Inuit children come through their doors for more than a century.

The exercise has been "a difficult, inspiring and very painful journey for all of us," said Justice Murray Sinclair, Canada's first aboriginal justice and the com-

mission's chairman.

"The residential school experience is clearly one of the darkest most troubling chapters in our collective history," Sinclair told a packed news conference Tuesday in Ottawa.

Through the testimony of residential school survivors, former staff, church and government officials and archival documents, the Truth and Reconciliation Commission pieced together a horrifying history that, despite its ripple effects, has been repeatedly dismissed or ignored.

It also describes how the legacy of residential schools continues, not only through the direct effect that generations of institutionalization and abuse has had on survivors and their families, but how it is manifested in racism, systemic discrimination and poverty, as well as dying indigenous languages.

150K

The number of children estimated to have gone through the residential school system.

80K

Estimated number of living residential school survivors.

3,200

The number of cases in the National Residential School Student Death Register, although the number of deaths is believed to be in excess of 6,000.

1996

The year the last school closed.

NUMBERS SOURCE: THE CANADIAN PRESS

I saw violence for the first time. I would see kids getting hit. Sometimes in the classrooms, a yardstick was being used to hit ... We never knew such fear before.

Rachel Chakasim, who was schooled in Fort Albany, Ont.

QUOTES SOURCE: THE CANADIAN PRESS

“

They just gave me a number ... And it was No. 16 and I'll never forget that number.

Lorna Morgan

TRUTH AND RECONCILIATION

Report takes an emotional toll

It was when Paul Voudrach began to cry that they started passing out Kleenex by the box.

Up until that point, volunteers with the Truth and Reconciliation Commission had been discreetly moving through the densely packed hotel ballroom, as Justice Murray Sinclair sketched out the ugly strokes of Canada's residential-school past and its barely unspoken policy of "cultural genocide."

"Removed from their families and home communities, seven generations of aboriginal children were denied their identity," Sinclair said in his even, from-

the-bench baritone.

The children of residential schools, said Sinclair, became unable to answer simple questions: "Where do I come from? Where am I going? Why am I here? And who am I?"

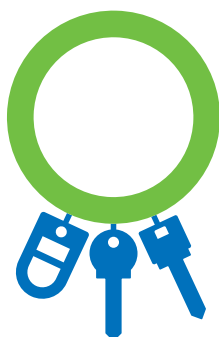
Videos of testimony from some of the 6,750-plus school survivors who gave statements to the commission over its six-year course played on two giant screens during breaks between each of the live addresses Tuesday.

The first gut-wallop came after Sinclair's opening speech. Children shivering under a

single thin blanket, girls forced to eat their own vomit, beatings, rapes — the unvarnished horror of their experiences reeled out on the giant screens interspersed with vintage, black-and-white photos of moon-faced, unsmiling children. But it was Voudrach who broke the dam.

"I used to look at the stars and I used to think my Mom and Dad are seeing the same stars I'm looking at," said the sobbing, grey-templed man, sounding every bit the terrified little boy of his youth. "I really, really was alone. Lonely. Scared."

THE CANADIAN PRESS



The 'Lots-on-the-go' Stage.

See page 31 for full details.

6

POINTS OF THE COMMISSION'S REPORT

The Truth and Reconciliation Commission put forward 94 recommendations to address the continuing legacy of the residential school system, improve the plight of Aboriginal Peoples and restore relations between them and other Canadians. Here are a few highlights.

TORSTAR NEWS SERVICE



Boys in a classroom at St. Anne's Indian Residential School in Fort Albany, Ont. CONTRIBUTED/ALGOMA UNIVERSITY

1 CHILD WELFARE

Governments should work to reduce the number of aboriginal children in care and set national standards for those that are in care. They should also fully implement Jordan's Principle to help resolve jurisdictional disputes. This would mean that for services that are only available off-reserve, any government department first contacted would pay for it first and seek reimbursement from the responsible department later.

2 EDUCATION

Repeal Section 43 of the Criminal Code, which allows corporal punishment, even by school-teachers, implement new federal legislation on aboriginal education and eliminate discrepancy in federal funding for First Nations children going to school on reserves and those educated outside their communities.

3 LANGUAGE & CULTURE

The federal government should acknowledge that aboriginal rights include language rights. Post-secondary institutions should develop programs in aboriginal languages and survivors who had their names changed should have fees waived if they wish to change their government-issued identification back to their birth names.

4 JUSTICE

The federal government should work with aboriginal organizations to call a public inquiry into missing and murdered indigenous women and girls, review and amend statutes of limitation for historical abuse against aboriginal people.

The government should also work to eliminate the overrepresentation of aboriginal people in custody, allow trial judges to deviate from mandatory minimum sentences, and work to settle claims from those residential school survivors who were excluded from the settlement agreement, such as the Métis, those who attended day schools and those who went to residential schools in Newfoundland and Labrador.



Swampy Cree boys kneel before bedtime at Bishop Horden Memorial School on Moose Factory Island, Ont in 1950.

SHINGWAIK RESIDENTIAL SCHOOLS CENTRE

5 HEALTH

Establish measurable goals to close the gap in health outcomes between Aboriginal peoples and other Canadians and report on their progress, provide sustainable funding for aboriginal healing centres and recognition of aboriginal healing practices within the health-care system.



Students reading in a classroom at St. Anne's Indian Residential School in Fort Albany, Ont.

CONTRIBUTED/ALGOMA UNIVERSITY

AWARENESS

Report a turning point: Chief

The crushing grip the residential-school experience had on Ed John's life didn't fully reveal itself until he heard the stories of others.

The grand chief of the First Nations Summit said testimony he heard at Truth and Reconciliation Commission hearings in Inuvik, N.W.T., about four years ago made him realize he was a participant in an insidious government-sanctioned policy to destroy his heritage.

"It took me a year to come to grips with that and understand it within the context of myself," he said in an interview.

"There was a deliberate attempt and policy ... to kill the Indian in us. To kill our languages, to destroy the connections with our families."

John, who spent seven years in the Roman Catholic school in Fraser Lake, B.C., said the report signals a moment in history for Canadians to reconsider the ingrained perceptions and knowledge they have about aboriginal peoples in Canada.

"The Truth and Reconciliation Commission report and its recommendations point to the overwhelming evidence for really systemic rethinking of how we

deal with children, family issues, education issues and justice-related issues," John said.

He said too many aboriginal children are in government care and too few Canadians, especially school children, are aware of the residential school experience.

"You might want to learn about Prince Charles and the Queen, that's good, but you should also want to know about your own history in this province, and we don't see enough of that in terms of the relationships between First Nations and the public," he said.

THE CANADIAN PRESS

6 SOME PATHS TO RECONCILIATION

- Fully adopt and implement the United Nations Declaration on the Rights of Indigenous Peoples, something which the report also recommends be done by churches and all other faith and inter-faith social justice groups;
- Develop a Royal Proclamation of Reconciliation that would reaffirm the nation-to-nation relationship between Aboriginal peoples and the Crown;
- Get an apology from the Pope, by June 2016, for the role the Roman Catholic Church played in the abuse of Aboriginal children in Catholic-run schools;
- Create a mandatory, age-appropriate curriculum on residential schools, treaties and the contributions of Aboriginal people taught across Canada from kindergarten to Grade 12;
- Build a highly visible Residential Schools Monument in the capital city of each province and territory;
- Develop and implement strategies to identify, document, maintain and commemorate cemeteries at former residential schools, or other sites where their students are buried;
- Increase funding for the CBC/Radio-Canada so that it can better support reconciliation and include the languages and perspectives of Aboriginal peoples;
- Change the Oath of Citizenship to include language surrounding "Treaties with Indigenous Peoples."



The 'Wanderlust' Stage.

See page 31 for full details.

Parizeau moved Quebec nationalists to the right

OBITUARY

Premier's post-referendum remarks alienated many

The late former Quebec premier Jacques Parizeau's comments about "money and the ethnic vote" the night the Yes side lost the 1995 referendum never stopped haunting him and the Parti Québécois.

"It's true that we were beaten, but fundamentally by what?" Parizeau asked the large and boisterous crowd the night of Oct. 30, 1995. "By money and the ethnic vote, essentially," he said, throwing his hands up and shaking his head.

The sovereigntist movement changed that night — at least symbolically — said Francine Pelletier, a columnist with Montreal Le Devoir and independent filmmaker behind a 2003 documentary on Parizeau called "Public Enemy Number One."

Parizeau's words "spurred the old sleeping dogs on the right," she said, and were a harbinger of how the PQ and the independence movement would shift course from their progressive roots and towards promoting a project centred on identity and nationalism.

Pelletier said that culminated with the PQ's proposed secularism charter in 2013, which banned public-sector workers from wearing certain religious clothing. The proposed law was labelled racist and intolerant, dividing the province and helping the PQ lose power after less than two years in office.

Parizeau's words in 1995 also ensured he would be vilified



Former Quebec premier Jacques Parizeau died on Monday night. He was 84. THE CANADIAN PRESS

in many circles in the rest of Canada as much as he would be revered in Quebec.

He refused to comment on his infamous speech when Pelletier interviewed him in 2003, but Parizeau finally weighed in during a radio interview in 2013 where he explained the remark was referring to community organizations.

"The common front of the Italian, Greek and Jewish congresses was politically active in

an extraordinary way in the No camp and had formidable success," Parizeau told Montreal radio station 98.5 FM.

“It's true that we were beaten, but fundamentally by what? By money and the ethnic vote, essentially.”

Jacques Parizeau, Oct. 30, 1995, on referendum

Social media networks were filled with comments Tuesday praising the former PQ leader, but also with messages of scorn for the "racist" man who came unnervingly close to breaking

up the country.

Pelletier said Parizeau's 1995 remarks did not reflect the man he was or his strong social democratic roots.

"It was a tragedy for the movement, but it was especially a tragedy for him because it pinned him for something he was not," she

said.

Pelletier said Parizeau should be remembered as someone who stayed loyal to his cause and his convictions, while his former party has employed a strategy

that was "all over the map."

Michael Behiels, a political science professor at the University of Ottawa, said the traditional nationalists in the PQ ranks used Parizeau's comments to help justify turning the party more to the right.

But Behiels said Parizeau's words likely came from a place of frustration and anger at losing a referendum — and a life's work — by such a close margin of several thousand votes.

"I think he thought that night there would never be another opportunity in his lifetime (to separate) and events have proven him right," he said.

THE CANADIAN PRESS

BRITISH COLUMBIA

Bomb plot pair guilty

A British Columbia couple has been found guilty, by a jury, of plotting to set off handmade pressure-cooker bombs at the provincial legislature two years ago.

The jury panel convicted John Nuttall and Amanda Korody of conspiracy to commit murder and possession of an explosive substance on behalf of a terrorist group.

In an unusual twist, the conviction won't be entered until next week, after the defence has a chance to argue that police entrapped the couple into the plot during an elaborate sting operation.

Video and audio surveillance showed the pair, who were recent converts to Islam, discussing their ambitions to engage in holy war against the western world for perceived injustices against Muslims. THE CANADIAN PRESS

IN BRIEF

Parliament shooter video will not be released

A video showing Michael Zehaf Bibeau's first moments inside the Centre Block is being kept secret even as reports are to be made public Wednesday detailing the security response on the day of Parliament Hill shooting.

Cameras near the front door of the Centre Block captured Zehaf Bibeau wrestling with a House of Commons security guard and shooting at other guards before sprinting down the Hall of Honour, according to two sources with knowledge of the video.

Zehaf Bibeau was killed in a shootout with security forces at the end of the hall.

THE CANADIAN PRESS

Nunavut wants university

The government of Nunavut has announced it will take the next step toward creating an Arctic university by funding a feasibility study.

The idea for a university in Canada's Arctic has been around for years, but it has gained new energy after a recent high-level report written by northern educators, government and land-claim organizations.

Quebec-based mining company Agnico Eagle, which operates a gold mine in Nunavut, recently offered \$5 million to the territory to start a university. THE CANADIAN PRESS



The 'Family-fun-time' Stage.

See page 31 for full details.

INTERNATIONAL SPACE STATION

Canadians to visit ISS in 2019, 2024

Canada's two astronauts will finally get their chance to visit the International Space Station.

Industry Minister James Moore says Jeremy Hansen and David Saint-Jacques will fly in space by 2024.

He made the announcement today at the Canada Aviation and Space Museum in Ottawa.

A background paper says one of the Canadians is guaranteed a flight by 2019 and the other by 2024.

It also says the choice of who

flies first will be based on mission requirements, which will be discussed with Canada's space station partners during the coming months.

The last Canadian to visit the orbiting space lab was Chris Hadfield, who left in May 2013 after spending five months on board.

Moore's announcement is the result of Canada's decision to renew its participation in the space station until 2024.

THE CANADIAN PRESS



Health Canada warned a CKNW AM not to "encourage Canadians to participate in illegal activities." GETTY IMAGES

Feds to AM station: No pot promo

VANCOUVER

Host plugged head shop on air, says Health Canada

Health Canada has asked a Vancouver radio station not to promote marijuana, saying a CKNW radio host made "promotional representations" about a medical marijuana dispensary.

In a letter, the department reminds the popular station that advertising marijuana is illegal and that it could be punished with fines by law.

"Health Canada is asking that CKNW AM not engage in the advertising of marijuana or encourage Canadians to participate in illegal activities," says the letter dated June 1.

The letter says a host known as DJ Drex directed people to visit a Vancouver marijuana dispensary during a segment on May 12.

The warning comes about a month after the federal health minister rebuked the City of Vancouver for its new plans to regulate medicinal pot shops, which have grown from six to 80 in the past two years.

Minister Rona Ambrose followed up her own letter to the mayor by telling reporters the situation is a public-health

issue. She wouldn't say what the government would do if Vancouver proceeds with the regulations.

The CKNW host at the centre of the letter from Health Canada is Justin Wilcomes.

No one at the station immediately replied to requests for comment.

Health Canada notes in its letter the dispensary itself is illegal and that advertising marijuana for any purposes runs contrary to the federal Food and Drugs Act and Narcotics Control regulations.

It adds that by advertising the dispensary, CKNW is "encouraging its listeners to engage in conduct that could expose them to criminal liability."

Both the Canadian Radio-television and Telecommunications Commission and the Canadian Broadcast Standards Council are copied on the letter.

Another Vancouver media outlet, The Georgia Straight, has been running print advertisements for medical marijuana dispensaries in its weekly publication.

The current issue features several ads, including one with a photo of marijuana spilling from a plastic medicine bottle and the banner "Medical May!" It promotes 20 per cent savings to dispensary members all month. The weekly could not be reached immediately for comment. THE CANADIAN PRESS



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FIFA president's 17-year rule tainted by scandal

SOCCER

Sepp Blatter could be a target of U.S. investigators

The end for Sepp Blatter came suddenly, just days after he had seemingly solidified his hold on FIFA.

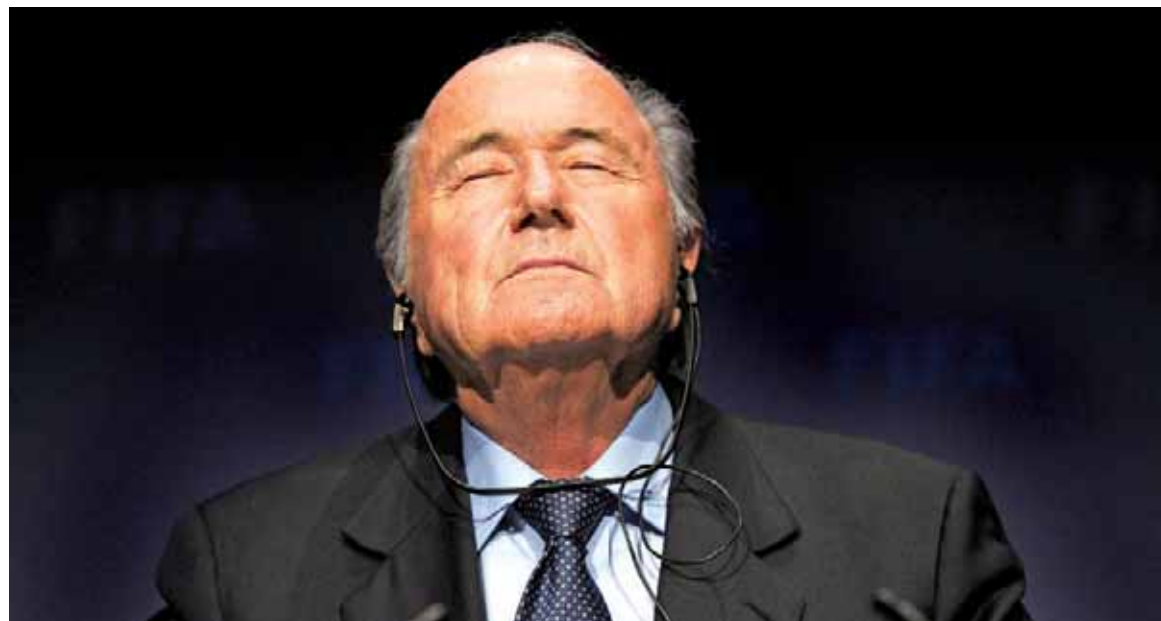
The 79-year-old leader of the world's most popular sport defied global animosity last week to win four more years in office. But his re-election only increased the pressure from colleagues, sponsors, athletes and fans for Blatter to step down as FIFA's president.

At a hastily arranged news conference Tuesday, Blatter announced he would leave office within months and called for a fresh election to appoint a successor.

"I cherish FIFA more than anything and I want to do only what is best for FIFA and for football," said Blatter, who could still be a target of U.S. investigators delving into decades of corruption and bribery accusations against FIFA officials.

+ BACKGROUND

The U.S. Department of Justice indicted 14 men last Wednesday. The Swiss attorney general said Blatter was not under investigation in Switzerland, but authorities said last week they have opened a criminal probe into the 2018 and 2022 World Cup bidding votes.



In this Friday, Nov. 19, 2010, file photo FIFA President Sepp Blatter pauses during a press conference following a meeting of the executive committee in Zurich, Switzerland. Blatter will resign from soccer's governing body amid a widening corruption scandal and promised Tuesday to call for fresh elections to choose a successor. STEFFEN SCHMIDT/KEYSTONE VIA THE ASSOCIATED PRESS FILE

After generations under Blatter and his mentor, Joao Havelange, the announcement left FIFA without a leader and without a clear course forward. It sets off a global power struggle for control of the organization as a criminal investigation intensifies.

A strained and serious Blatter read a six-minute statement in French before exiting without taking questions.

Blatter had been defiant and feisty in the same room on Saturday, fending off questions about FIFA's battered reputation and the chance he could be arrested.

His mood had changed in the

“It was a difficult decision, a brave decision, and the right decision.”
Michel Platini, president of European body UEFA

24 hours before his announcement, Blatter aide Walter Gagg told The Associated Press.

A federal indictment last week detailed apparent bribes from a FIFA account totalling \$10 million to senior officials for voting South Africa as the 2010 World Cup host. Late Monday, reports laid a clearer trail of complicity to the door of FIFA headquarters, if not Blatter himself.

“We know that in the last 48

hours he was thinking of the future and perhaps what happened in the last hours, this gave him the conviction,” Gagg, a long-time confidant of Blatter, told the AP in a telephone interview.

“We had lunch with him yesterday (Monday). He was relaxed he was fine,” Gagg said. “I had a very good meeting with him early in the morning (today). Then came the different information from the U.S. with this

and that.”

The South African angle threatens to tarnish memories of a bid campaign that brought Nelson Mandela to Zurich for the winning vote in 2004.

At risk also is the legacy of a World Cup that was an organizational triumph for FIFA and South Africa, and bolstered Blatter's reputation as a friend of Africa whose loyalty stood firm in Friday's election.

Even before the election, Blatter's ability to travel to the U.S., or other countries where the Swiss national risked arrest and extradition, had become a distracting story.

THE ASSOCIATED PRESS

CHINA

Hundreds missing from ship

As the Eastern Star cruise ship listed heavily amid pounding rain on the Yangtze River, tour guide Zhang Hui told a colleague, “Looks like we are in trouble.”

The vessel capsized in the storm Monday night with 458 people aboard, touching off a frantic rescue effort. At least 15 people were brought to safety, including three pulled from the overturned hull Tuesday, and five people were confirmed dead, the official Xinhua News Agency reported.

The vessel was carrying mostly elderly tourists from Nanjing to the southwestern city of Chongqing when it overturned in China's Hubei Province.

Divers rescued a 65-year-old woman and, later, two men who had been trapped, state broadcaster CCTV reported. It said more people had been found and were being rescued, but did not say whether they were still inside the overturned hull.

CCTV video showed rescuers in orange life vests climbing on the hull, with one of them lying down tapping a hammer and listening for a response, then gesturing downward.

“We will do everything we can to rescue everyone trapped in there, no matter they're still alive or not, and we will treat them as our own families,” Hubei military region commander Chen Shoumin said at a news conference shown live on CCTV.

The survivors included the ship's captain and chief engineer, both of whom were taken into police custody, CCTV said. Relatives who gathered in Shanghai, where many of the tourists started their journey by bus, questioned whether the captain did enough to ensure the passengers' safety and demanded answers from local officials in unruly scenes that drew a heavy police response.

THE ASSOCIATED PRESS



The 'Keep-in-touch' Stage.

See page 31 for full details.

U.S. CONGRESS

NSA phone data-mining ends

Congress approved sweeping changes Tuesday to surveillance laws enacted after the Sept. 11 attacks, eliminating the National Security Agency's disputed bulk phone-records collection program and replacing it with a more restrictive measure to keep the records in phone companies' hands.

Two days after Congress let the phone-records and several other anti-terror programs expire, the Senate's 67-32 vote sent the legislation to President Barack Obama, who said he would sign it promptly.

“It protects civil liberties and our national security,” Obama said on Twitter. The bill signing could happen late Tuesday or early Wednesday, but officials said it could take at least several days to restart the collection.

The legislation will revive most of the programs the Senate had allowed to lapse in a dizzying collision of presidential politics and national security policy. But the authorization will undergo major changes, the legacy of agency contractor Edward Snowden's explosive

revelations two years ago about domestic spying by the government.

In an unusual shifting of alliances, the legislation passed with the support of Obama and House Speaker John Boehner, R-Ohio, but over the strong opposition of Senate Majority Leader Mitch McConnell. McConnell failed to persuade the Senate to extend the current law unchanged, and came up short in a last-ditch effort Tuesday to amend the House version.

THE ASSOCIATED PRESS



Majid Khan while imprisoned at the U.S. Navy base at Guantanamo Bay in Cuba, Sept. 2009. CONTRIBUTED

Maryland man alleges CIA torture

GUANTANAMO BAY

Detainee's abuse worse than disclosed, says lawyer

A former Maryland resident imprisoned at Guantanamo was subjected to mistreatment while in CIA custody far in excess of what has previously been disclosed, including being hung from a wooden beam for three days and kept in total darkness for nearly a year, a legal organization that represents him said Wednesday.

Some details about the treatment of Majid Khan in the clandestine CIA detention centre emerged in December when the Senate intelligence committee released a summary of a classified report critical of the agency's treatment of prisoners suspected of involvement with al-Qaida following the Sept. 11 terrorist attack.

But the Center for Constitutional Rights, a New York-based organization representing Khan and others held at Guantanamo, said that the mistreatment was far more extensive and that it can be publicly released now for the first time because the government has determined some

details are no longer considered classified.

Khan, 35, is awaiting sentencing at the U.S. base in Cuba on charges that include conspiracy, murder and attempted murder for aiding al-Qaida. He pleaded guilty before a military commission in a deal that calls for a sentence of between 19 and 25 years, instead of life in prison, in exchange for co-operating in the prosecution of other cases.

Wells Dixon, his attorney, said Pentagon officials should reduce his sentence because of the mistreatment, which they would be permitted to do under the military commission legal system.

The allegations of mistreatment, contained in years of previously classified notes taken by his lawyers, include being submerged in icy water during interrogations twice, in May and July 2003. A CIA spokesman said Tuesday that Khan was not one of the three prisoners subjected to the simulated drowning technique known as waterboarding.

Khan also told his lawyers that he was sexually assaulted, including with forced enemas, and hung on a wooden beam for days on end. He said he was also kept in total darkness, with only a bucket for a toilet, for nearly a year in 2003, beaten and held in a cell with bugs that bit him.

THE ASSOCIATED PRESS

He was tortured in ways that exceed even what was disclosed in the Senate report.

Defence attorney Wells Dixon

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Ukraine downed MH17: Russia

FATAL FLIGHT

Russian maker says missile was in Ukraine arsenals

The Russian maker of the Buk air defence missile system said Tuesday that it has concluded that Malaysian Airlines flight 17 was downed by an older version of the missile, which isn't in service with the Russian military but is in Ukrainian arsenals.

Controversy continues over who shot down the plane last summer over eastern Ukraine, killing all 298 people aboard. Ukraine and the West suspect it was destroyed by a Russian surface-to-air missile fired by Russian soldiers or Russia-backed separatist rebels fighting in the area. Russia denies that.

Mikhail Malyshevsky, an adviser to the director general of the missile maker, state-controlled Almaz-Antei consortium, said at a news conference Tuesday that its analysis was based on photographs of the wreckage available to the public. He said the holes in the plane's parts were consistent with a specific type of Buk missile and its warhead.

Each of the Buk subtypes has its warhead rigged with shrapnel of a specific shape. This variation of the missile is in the Ukrainian military arsenals, but not in the Russian, said Almaz-Antei director Yan Novikov.

Novikov said that in 2005 when Ukraine contacted the consortium regarding the maintenance of its Buk systems, it

had 991 such missiles.

Rebels have staunchly denied even possessing a functioning Buk missile launcher at the time that MH17 was brought down, although one was seen in separatist-controlled Snizhne by AP reporters a few hours before the plane crashed.

Russian officials and state media have previously said they suspect the airline was shot down by a Ukrainian warplane.

"First they said it wasn't a Buk missile. Now, suddenly, they're saying it is but it wasn't them. So I just think the credibility is not 100 per cent here on that," said U.S. State Department spokeswoman Marie Harf in Washington.

Ukrainian military spokesman Vladislav Seleznev was quoted by the Interfax news agency as saying Tuesday that photos and video materials at the time documented the presence of a Buk on the rebel-held territory.

Novikov and Malyshevsky said that the company's analysis of shrapnel impact on the plane's fragments allowed it to pinpoint the location of the missile launcher, which they said was placed near the town of Zaroshenske. A missile launched from Snizhne would have incurred different damage, they said.

The Almaz-Antei officials stopped short of directly blaming Ukraine for shooting down the plane, but their statements hinted at that.

A spokesman for the Dutch Safety Board, which is investigating the crash, declined to comment on the consortium's statement. THE ASSOCIATED PRESS



First they said it wasn't a Buk missile. Now, suddenly, they're saying it is but it wasn't them. So I just think the credibility is not 100 per cent here on that.

U.S. State Department spokeswoman Marie Harf



Mikhail Malyshevsky, an adviser to the director general of the state-controlled Almaz-Antei consortium, in Moscow, Russia, June 2. The Russian maker of the Buk air defense missile system said that it has concluded that flight MH17 was downed by an older version of the missile, which isn't in service with the Russian military but is in Ukrainian arsenals. IVAN SEKRETAREV/AP PHOTO

MALAYSIA AIRLINES

Sons of missing Flight 370 passenger secure settlement

Two Malaysian boys whose father was a passenger on the jetliner that vanished in March last year secured an out-of-court settlement in the tragedy's first legal case against Malaysia Airlines and the government.

Lawyer Arunan Selvaraj said Tuesday the mother of the boys decided to accept compensation on their behalf so that they can "move forward with their life." Arunan declined to reveal the amount.

Malaysia Airlines Flight 370 was en route from Kuala Lumpur to Beijing with 239 people on board when it disappeared March 8 last year. Authorities believe it crashed in a remote part of the southern Indian Ocean but no trace of the plane has been found. A search is still ongoing.

Other relatives of Flight 370 passengers were waiting for the outcome of the first case. Arunan said he did not know if there would be more lawsuits.

Malaysia Airlines has begun the process of paying compensation after the Malaysian government declared the jet's disappearance an accident at the end of January.

Arunan declined to say whether the compensation was more than the family's entitlement under the Montreal Convention, which governs liabilities from airline disasters. Government and airline lawyers declined to comment.

THE ASSOCIATED PRESS



The 'Help-your-community' Stage.

See page 31 for full details.

DRUG INDUSTRY

Safety still an issue with 'female Viagra'

The makers of a pill intended to boost sexual desire in women will try again this week to persuade regulators that the drug warrants approval, following two rejections.

But a new review released by the U.S. Food and Drug Administration shows government scientists still have concerns about whether the drug's benefits outweigh its risks. The FDA review highlights several safety issues with flibanserin, including low blood pressure and fainting spells. Those problems increased when patients combined the drug with alcohol and some other medications, according to the document.

A panel of FDA experts will discuss the drug Thursday, before voting on whether to recommend its approval.

The FDA is expected to make a decision on whether to approve the drug in August.

For decades, drugmakers have tried unsuccessfully to develop a female equivalent to Viagra, the drug that treats men's erectile dysfunction by increasing blood flow. But disorders of women's sexual desire have proven resistant to drugs that act on blood flow, hormones and other simple biological functions.

Supporters of Sprout Pharmaceuticals' drug say women's

ORIGIN

Drug repurposed

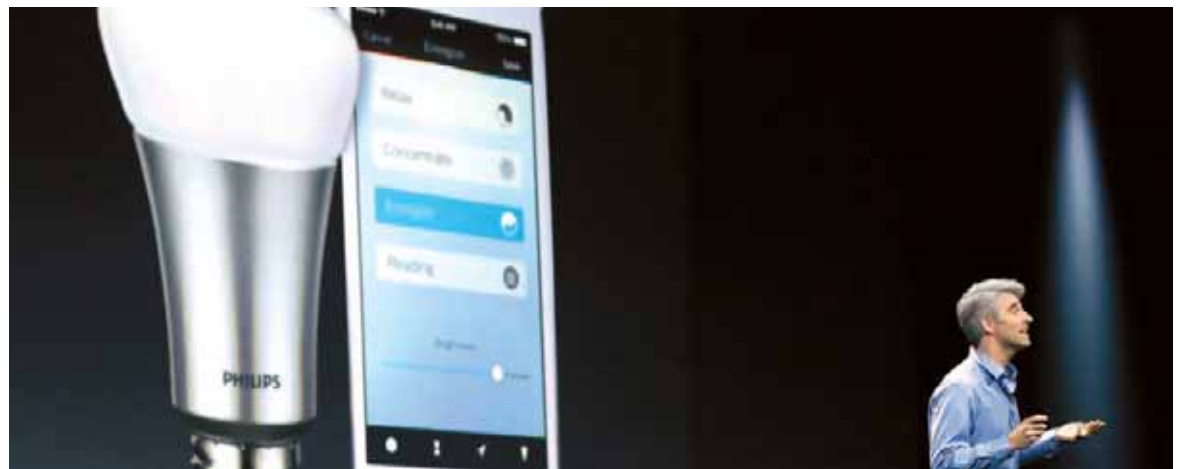
Flibanserin is the first drug to approach the issue through brain chemistry. Originally studied as an antidepressant, the pill was repurposed as a libido treatment after women in studies reported higher levels of sexual satisfaction. But the FDA has twice rejected the drug because of lacklustre effectiveness and side effects including fatigue, dizziness and nausea.

sexual disorders have long been overlooked by the FDA. But critics argue that drug development efforts like Sprout's medicalize women's sexual problems, which are often related to stress, relationship issues and other life circumstances.

"There are certainly women who have low libido and are distressed by it," says Dr. Adriane Fugh-Berman, an associate professor at Georgetown University.

"But for those women, therapy is the best solution, because this is not a medical disease."

THE ASSOCIATED PRESS



APPLE 'SMART' HOME GADGETS GO ON SALE Craig Federighi, Apple's senior vice-president of software engineering, introduces the Apple HomeKit app at last year's Apple Worldwide Developers Conference. The first "smart" home gadgets that can be controlled by Apple's voice-activated digital assistant are going on sale this week, just days after rival tech giant Google announced its own software for Internet-connected home appliances and other gadgets. THE ASSOCIATED PRESS FILE

Big Tobacco not yet off litigation hook

COURTS

Quebec ruling boosts hopes for provinces' \$120B lawsuits

A "devastating" court decision in Quebec against three major Canadian tobacco companies could provide a boost to provinces seeking to recoup health-care costs from tobacco

companies.

All provinces have filed medical cost recovery lawsuits to go after so-called Big Tobacco for health-care costs stemming from smoking-related disease.

The provinces are seeking about \$120 billion collectively and the favourable Quebec ruling will reverberate Canada-wide, said Rob Cunningham, a lawyer and senior policy analyst at the Canadian Cancer Society.

On Monday, a Quebec Superior Court Justice awarded

more than \$15 billion to Quebec smokers who had filed class-action lawsuits nearly 17 years ago.

Justice Brian Riordan's 276-page ruling dealt what Cunningham called "a massive, devastating victory against the tobacco industry." All three firms — Imperial Tobacco, Rothmans, Benson & Hedges and JTI-Macdonald — immediately announced their intention to appeal.

The Quebec case was distinct from suits launched by

the provinces, but many of the arguments in the cases overlap.

The Quebec action put a mountain of evidence at the provinces' disposal: Tens of thousands of pages of documents and testimony heard over more than two years of hearings are available to them.

No trial dates have been set in those provincial suits, which aim to go after the foreign-based parent companies of the Canadian tobacco firms.

THE CANADIAN PRESS

IN BRIEF

Walmart raising wages

Walmart is raising starting wages in the U.S. for more than 100,000 department managers and workers in its deli and other specialized departments. In February, it announced it was increasing minimum wages for entry-level and long-term hourly employees. THE ASSOCIATED PRESS

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THE BIG THING: DRIVERLESS CARS — REVOLUTION OR RISKY MOVE?



1 Bump on the road
Security firm MSI says hackers could wirelessly disrupt a self-driving car's sensors, causing it to accelerate instead of brake, for example. Today's systems aren't designed to respond.

2 Ready to ride
Last month Google announced testing of its self-driving cars on California roads. Mercedes-Benz and Apple are working on similar prototypes. You might be able to own one as early as 2020.

The driverless car may be only a few years away from a highway near you. But now two U.S. companies working with the University of Virginia and the Pentagon have shown that it may be easier than once thought to hack the vehicles' auto-piloting computer systems — a vulnerability with potentially deadly consequences.

AGENCE FRANCE-PRESSE

3 Preparing for the worst Manufacturers have tried to mitigate the risk of cyberattacks. Google, rumour has it, has an elite team of hackers looking for ways to mess with its cars' systems.

ROSEMARY WESTWOOD

metroview

Reconciliation calls on all of us to help heal our country

What can I do?

That's the question for all of us, now that the Truth and Reconciliation Commission has released its final, exhaustive and damning report.

It finds the government and churches committed cultural genocide through the residential-school system, and the legacy has been devastating.

"We fed our experiences to our children," one survivor described the ripple effect of the horrors.

Poverty, higher rates of incarceration, children in state care and violence against aboriginal women: the commission's report calls for specific efforts to end all of these.

It also calls on each of us to learn the truth about residential schools and accept our role in healing our country. It's clear we have work to do.

In 2013, 60 per cent of Canadians felt aboriginal people bring their problems on themselves, according to an Ipsos Reid survey.

It's time to ask: whose history have we been fed? Whose prejudices do we still carry? What can we do to end institutionalized racism?

The indigenous and non-indigenous communities "have to support one another," Andrea Chrisjohn of the Toronto Council Fire Native Cultural Centre told me. "How do we come up with solutions instead of just saying, 'It's not

my problem'?"

As commissioner Marie Wilson said, we can take the stories of abuse and loss into our hearts. We can use them as a new window through which to see our own history.

We can also educate ourselves. We can learn what treaty land or traditional territory we live on, suggested Michael Redhead Champagne, a Winnipeg activist and founder of Aboriginal Youth Opportunities.

"Do you know the history?" he asked of place names like Dakota and Toronto, which have indigenous origins.

We can amplify the voices of local activists, he added, and write letters supporting them to elected officials or the media.

We can also call our local Aboriginal Friendship Centre — they are in many Canadian cities — and ask how we can help out, Chrisjohn said.

And I'll add: we can make aboriginal issues a part of our vote this fall.

The next government will play a key role in determining the success of this commission's work.

The report can gather dust on a shelf, or it can galvanize broad societal change. The first would perpetuate cultural superiority. The second would lead us closer to equality.

Vote for the one you think is right.

Even without meat, the food future looks tasty

THE SCIENCE

Stephanie Orford



The costs of a meat-heavy diet are becoming apparent.

Beef prices are climbing. The average price of regular ground beef rose 41 per cent between April 2012 and April 2015, according to Statistics Canada. And Canadian meat prices are set to remain high for years to come, a Guelph, Ont.-based food-industry analyst said Monday.

The problem is going to affect us all. The world population is projected to reach nine billion by 2050, and demand for meat is set to increase worldwide, especially in Asia. Animal products make up 20 per cent of the human diet on average worldwide.

But meat consumption is going to have to drop to five per cent of our diets if we're

going to feed everyone — not rise, as the trends suggest will happen.

To lead the world by living within our environmental means, Canadians need to say goodbye to meat and hello to vegetable-based protein sources.

Beef is the biggest agricultural contributor to greenhouse-gas emissions and environmental degradation. Raising beef generates six times more greenhouse gas per unit of protein than pork, chicken or eggs.

Meat alternatives in stores and restaurants are becoming more popular, healthier and tastier and they're much better for the environment.

Cultured meat, for instance, is estimated to produce 96 per cent less greenhouse gas and consume at least 82 per cent less water than livestock. And no more grazing means land can be freed up for growing more sustainable crops.

The first lab-grown bur-

ger, cultured from cow muscle cells, was produced in 2013 by a lab from Maastricht University in the Netherlands, funded by Google's co-founder Sergey Brin. In March, a Tel Aviv University lab unveiled its project to grow chicken muscle tissue using a similar technique.

Lab meat isn't cheap — that first burger cost about \$300,000 US — but the price has already dropped to about \$12. It looks like it won't be available at your local burger joint for at least 20 years, however.

Meanwhile, other companies are finding ways of creating meat and egg alternatives that taste good and are relatively inexpensive to produce. And those are on the market now.

Californian food-tech company Hampton Creek created a replacement for egg using proteins from yellow peas and a variety of sorghum, which they use in their cookies and mayo.

To lead the world by living within our environmental means, Canadians need to say goodbye to meat and hello to vegetable-based protein sources.

They're making sustainable alternatives to animal products at competitive prices.

Unlike the sawdust-like veggie burgers of decades past, these products are designed to be delicious. This is the future of our meatless diets and it actually looks pretty tasty.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

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PHILOSOPHER CAT
by Jason Logan

"I SECRETLY THINK REALITY EXISTS SO WE CAN SPECULATE ABOUT IT."

SLAVOT ZIZEK



Not everyone can look like Chris Hemsworth. A recent U.K. poll shows many men feel uncomfortable when the shirts come off.

EVERETT COLLECTION/HANDOUT

Beach bod anxiety not just a girl thing

BODY IMAGE

Poll finds one third of men feel a pressure to look good

The furor over a recent ad campaign by weight loss supplement Protein World that asks: "Are you beach body ready?" highlighted just how polemic a topic body image is for women. But it turns out men can also feel self-conscious about stripping down to their bathing suits.

According to a poll by the

STILL, WOMEN HAVE IT HARDER

The survey results were even more dramatic for the women polled, with just three per cent of female respondents describing them-

selves as "happy" with their bodies, and a huge 39 per cent admitting they would feel "uncomfortable" wearing a bikini.

market research app OnePulse, only eight per cent of men feel "very happy" with their bodies, while 11 per cent are unhappy with their physique and a further 11 per cent claim they "hate" the way they look.

And while 22 per cent say they don't feel any pressure to have the perfect figure, almost

one third of respondents (29 per cent) feel the pressure to look good thanks to women. It seems male pride has much less influence when it comes to looks, with only 16 per cent claiming to feel the heat from other men.

The news flies in the face of the recent "Dad Bod" phenom-

enon, which saw "everyday men" gain sex appeal in the eyes of the media and woman-kind for their "non-threatening" and "cuddly" physiques.

Yet despite feelings of dissatisfaction, some 20 per cent of men claim to lack the motivation to "work on their body." With summer around the corner, 33 per cent are willing to dig out their gym gear ahead of beach season, while 22 per cent have the impetus to take care of their physiques all year round.

The poll surveyed 400 males and 500 females aged between 16 and 65 from all around the U.K. AFP

KASA MOTO

Thinking outside the bento box

WORD OF MOUTH

Theresa Albert

myfriendinfood.com



Hamachi Ponzu in a new way to serve sashimi — delicate and textural. THERESA ALBERT

If your favourite Japanese restaurant has bento boxes, that's delightful for a Wednesday lunch. However, contemporary Japanese cuisine has raised the bar. Kasa Moto opened its doors in Toronto's Yorkville this week and executive chef Michael Parubocki hopes some of his staff's exquisite attention to tradition while welcoming innovation will set the pace. Here's what's next:

- House-made soy sauce. The choices are no longer "salty" or "watered down salty." This artisan liquid takes up to six months of fermenting for each batch.

- Burdock root. This root vegetable hailing from Jerusalem is crisp and pungent. It is usually blanched and then pickled or otherwise dressed for use in sal-

ads or as a side dish.

- Salt-pickled sakura cherry blossoms. Don't look for this on every modern menu. Kasa Moto may be unique in its importing of this highly perishable, delicate flower petal that's pickled in plum vinegar and then dried.

The traditional tastes and techniques remain. Attention to detail and the natural beauty of each food will never go out of style. THERESA IS AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO LOVES TO SPREAD THE WORD ON FOOD

EMBRACING WINE'S BLACK SHEEP

LIQUID ASSETS

Peter Rockwell

@therealwineguy



There are grapes that people just love to hate. As polarizing as some fruit can be, an interesting trend has emerged that has more open-minded wine lovers embracing these black sheep berries as if they're a badge of nonconformist cool. California's signature grape, Zinfandel, has strug-

gled to find an audience thanks to its pink version's reputation as a drop you drink when you know nothing about wine. Zinfandels love a barbecue, with Cline Cellars' 2013 Lodi Zinfandel (\$16.15 - \$17.99) serving up soft, bright, wild berry and a smooth finish that works just fine as a by-the-glass sipper or as a partner for grilled red meat. Prices reflect the range across the country. Some products may not be available in all provinces.



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metronews.ca/panel

metro



The 'Follow-your-dreams' Stage.

See page 31 for full details.

6 SUPERFOODS THREATENING OUR PLANET

When it comes to eating right, there's more to chew over than how our bodies can benefit

MATT KWONG/FOR METRO LIFE@METRONEWS.CA

Superfoods might be the heroes of the healthy-minded cook, but a growing chorus of environmental advocates is sounding off about their potentially destructive ecological consequences.

The latest wonder ingredient turned villain? The almighty almond, which has drawn the ire of water conservationists for draining California's lands amid an ongoing drought.

Long championed for its antioxidant properties, cholesterol-lowering powers and high protein and vitamin E con-

tent, the humble almond is a deceptively high-maintenance crop, demanding about 3.8 litres of water (a gallon) per nut.

California almonds consume 4.06 trillion litres of water every year, making the state's almond industry more water-intensive than the indoor water usage of families in the Golden State.

Even so, almonds are far from the only nutrient-loaded snack with a dubious ecological footprint.

BLUEBERRIES

Claimed health benefits:

Antioxidant-packed with vitamins K and C, potassium, and an excellent source of fibre, which helps lower risk of heart disease

Environmental impact: U.S. blueberries are listed among Environmental Working Group's produce items with high pesticide residue. Chemical spraying contaminates soil and can degrade soil quality

Where it grows: North America and South America. The U.S. is the world's largest producer

Popularity: The U.S. exported \$145.7 million in fresh blueberries in 2012, up 17 per cent from 2011, according to the Agricultural Marketing Resource Center. Canada was the biggest customer



ALL PHOTOS ISTOCK

RED PALM OIL

Claimed health benefits: Rich in vitamin E, antioxidant properties, carotenes and palmolein, which has been promoted as a fat-burning micronutrient

Environmental impact: Mass deforestation of tropical forests in West Africa and Central America to make way for oil palm plantations has led to loss of habitats for endangered species

Where it's produced: Africa, South America and South Asia

Popularity: About 57 million tonnes of palm oil was consumed worldwide in 2013, according to the Roundtable on Sustainable Palm Oil



TOFU/SOY-BASED

Claimed health benefits:

Good source of protein, lowers cholesterol

Environmental impact: High energy output from factories for treating, processing and forming soybeans into slabs of tofu

Where it's grown: Soybeans grown in China, U.S.

Popularity: Global soy production in 2012 was 270 million tonnes, up from 130 million tonnes in 1996



THE DIRTY DOZEN

Environmental Working Group's 2015 rankings of popular produce with the highest pesticide residue.

- 1 Apples
- 2 Peaches
- 3 Nectarines
- 4 Strawberries
- 5 Grapes
- 6 Celery
- 7 Spinach
- 8 Sweet bell peppers
- 9 Cucumbers
- 10 Cherry tomatoes
- 11 Snap peas, imported
- 12 Potatoes

SOURCE: EWG.ORG

GREEK YOGURT

Claimed health benefits: Low in fat, high in calcium and vitamin B12, packed with probiotics to aid digestion

Environmental impact: Greek yogurt owes its thick consistency to straining, but the process leaves an "acid whey" byproduct that is difficult to dispose of. Acid whey can pollute waterways and risks harming marine life

Where it's produced: Originally Central Asia and the Middle East, now mostly U.S.

Popularity: Commanded 49 per cent of the U.S. yogurt market in 2014, up from one per cent in 2007



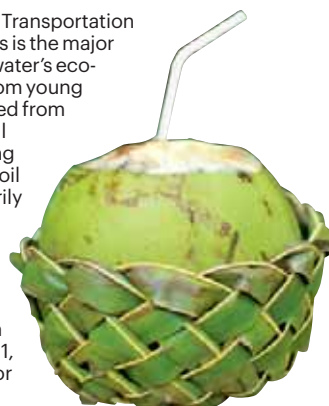
COCONUT WATER

Claimed health benefits: Rich in potassium, boosts hydration, low in calories

Environmental impact: Transportation and burning of fossil fuels is the major contributor to coconut water's eco-footprint, as the liquid from young coconuts must be shipped from southeast Asia. Chemical fertilizers to meet growing demand also degrades soil

Where it's found: Primarily the Philippines, Indonesia, India

Popularity: Sales of top brands hit nearly \$400 million in North America in 2013, up from about \$150 million in 2011, according to Euromonitor



FARMED ATLANTIC SALMON

Claimed health benefits: High omega-3 content, fatty acids associated with lowering risk of heart disease

Environmental impact: Wild salmon stocks are unsustainable. Farm-raised salmon threaten oceans due to expulsion of waste from overcrowded pens as well as spread of sea lice. The farm-raised salmon industry also interrupts natural biodiversity

Where they're raised: In Canada, Atlantic and Pacific coasts

Popularity: Farmed salmon consumption tripled to more than 110 million kilograms a year in the U.S. in 2010, up from about 3 million kilograms a year in the 1980s according to the Atlantic Canada Fish Farmers Association



URBAN GARDENING

If you grow your own veggies...

City-grown vegetables are likely safe to eat, according to a new study, published in the Journal of Environmental Quality, that takes a look at the popular practice of urban gardening.

Nearly all the vegetables grown in the experiment had low contaminant levels.

While root crops could absorb enough lead to dip into the red zone of safety standards, this shouldn't keep urban gardeners from growing them, says Ganga Hettiarachchi of Kansas State University.

Cleaning is the first important step in ousting the toxins from your city-grown veggies.

"Thorough washing is definitely the key," says the agronomist.

"Soap isn't even really necessary if you wash all of the visible soil off with water in your kitchen. The main point is to make sure you're not eating soil."

AFF

THE CLEAN 15

Environmental Working Group's 2015 rankings of popular produce with the lowest pesticide residue.

- 1 Avocados
- 2 Sweet corn
- 3 Pineapples
- 4 Cabbage
- 5 Sweet peas, frozen
- 6 Onions
- 7 Asparagus
- 8 Mangos
- 9 Papayas
- 10 Kiwi
- 11 Eggplant
- 12 Grapefruit
- 13 Cantaloupe
- 14 Cauliflower
- 15 Sweet potatoes

+ WINE VS. BEER THE BEST BEVERAGE TO LEVERAGE YOUR ECO-FRIENDLY FOOD

One of the pleasures of eating well is enjoying wine or beer with a meal. But which drink is the more environmentally sustainable beverage?

We asked Tony Aspler, the Wine Guy, and he says wine comes out on top.



Producing beer is much more energy involved, says the wine expert.

"It demands a lot of heating. Wine is a much more natural phenomena," says Aspler. "Grapes are harvested and either fermented with natural yeast or inoculated yeast."

Aspler recommends buying from a local winery whose farming practices are sustainable.

"Look for organically made wines and wineries that are certified bio-dynamic, like Southbrook," Aspler says.

And if you're wondering what to look for when buying an environmentally friendly Canadian brew,

Christopher Lowry of Ecotone Productions and the founding director of Brewers Plate Toronto, says, "The simple answer is, buy local first."

"Ontario craft brewers make some of the best

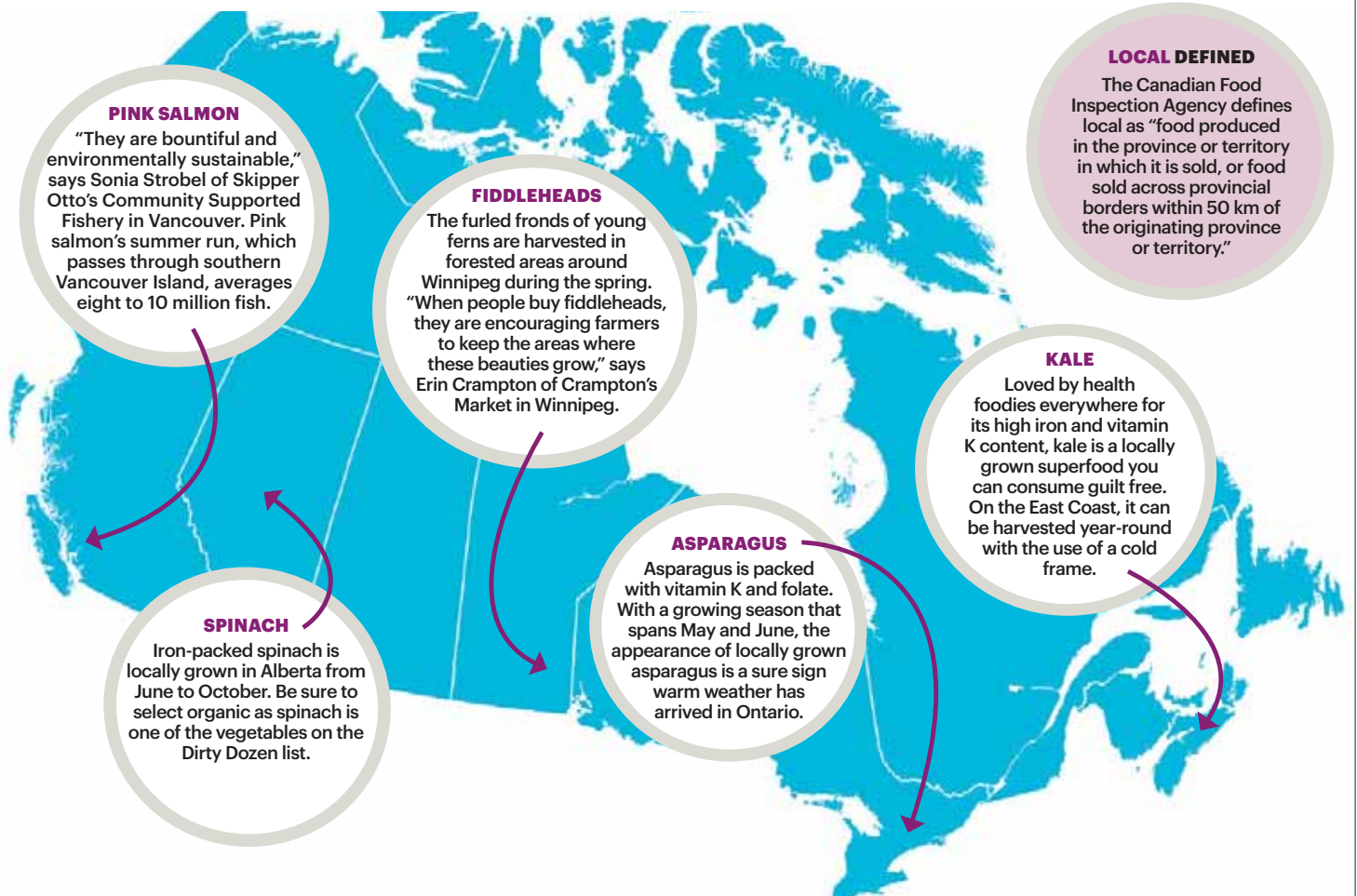


beer in the world, and it doesn't have to travel far to get to you.

"Some craft brewers are also sourcing local organic ingredients. It turns out we grow amazing hops in Ontario." HENRIETTA WALMARK/METRO

EATING LOCAL AND IN-SEASON ONE EASY WAY TO LESSEN THE ECO-FOOTPRINT OF YOUR DIET

Locally produced food is fresher, which translates to higher nutrient levels, and eating in-season ensures variety in our diet. Eating local and in-season is also easier on the grocery bill. Here Metro offers a few suggestions for some of Canada's largest centres LIZ BROWN/METRO



WATER CONSUMPTION

Guess how many showers you would have to give up for a burger

If you're a junk food aficionado, don't sit there too smugly thinking that this page is payback for all the times health food fans have lectured you about your lacklustre diet.

On top of polluting your body, your meals are equally ecologically damaging, especially when it comes to water consumption.

The burger, that sacred symbol of fast-food binging, is also a big water hog.

There are the beef cows that need watering, the thirsty tomatoes and lettuce, and all those wheat crops that need to be grown to make the buns that bookend the patty.

In fact, The Water Brothers, Alex and Tyler Mifflin, whose water conservation show airs on TVO and online at waterbrothers.ca, told Metro that one of the most powerful things diners can do for water resources around the world is cut down

on their consumption of meat and dairy products.

According to Alex, meat and dairy production eats up about 30 per cent of global freshwater demand.

"We're not saying you have to become a vegetarian, but just replacing a couple of meat-based meals with vegetarian proteins can have a big impact on cutting down on water use and water pollution," says Alex.

LIZ BROWN/METRO

It takes 2,400 litres of water to make one hamburger, according to The Water Brothers.



That includes the water needed to produce the beef patty, bun, tomato and lettuce for one burger.



To put it in perspective, 2,400 litres of water could supply you with two months of showers.



FALL SCHEDULE

City TV scores with fall lineup



Abigail Breslin stars in *Scream Queens*, premiering this September on City. STEVE DIETL/FOX

The slasher series *Scream Queens*, *The Muppets* reboot and the comedy *Life in Pieces* are among the big TV titles heading to City.

The Rogers Media channel announced a fall/mid-season schedule Tuesday featuring 11 returning series and 12 new shows.

Scream Queens is the latest horror-comedy to come from American Horror Story creator Ryan Murphy. The show anchors an all-new Tuesday night lineup with the John Stamos comedy *Grandfathered* and the Rob Lowe comedy *The Grinder*.

"We were concerned about Tuesdays and I now think we're going to win on Tuesdays," said Colette Watson, vice-president of television and broadcast operations, Tuesday at the launch of City's upcoming slate.

Sunday night also gets an overhaul with addition of the Fox comedy *The Last Man on Earth* and two comedies last seen on Global: *Family Guy* and *Bob's Burgers*. Rogers' *Hometown Hockey*, with Ron MacLean, moves over to Sportsnet. Other additions include the family musical

event, *The Wiz Live!*

Hockey Night in Canada returns Saturday nights.

Returning series include the comedies *Modern Family* and *Black-ish* as well as the breakout hit drama *Empire*, which moves from OMNI and will air at 8 p.m. ET Wednesdays, an hour earlier than the Fox broadcast.

"It was unbelievably successful in the U.S. so they are so anxious to get season number two going," Watson said of the fall return.

The CBC-TV classroom comedy *Mr. D* also joins the schedule while *The Mindy Project*, — recently dropped by Fox but picked up by Hulu — will run Thursdays.

Thursdays will also be home to *Thursday Night NFL* in a CBS simulcast until Oct. 29.

Mid-season additions include the big-screen spin-off *Rush Hour*, the animated comedy *Bordertown* and the comedy variety series *Little Big Shots*.

A sizzle reel of upcoming FX shows touted new offerings including Denis Leary's *Sex&Drugs&Rock&Roll* and the Zach Galifianakis comedy *Baskets*. THE CANADIAN PRESS

Hunt for Hannibal crosses the pond

SNEAK PEEK

Hugh Dancy dishes on Season 3 developments

Eva Kis
Metro | New York City

For a man who plays one of TV's darkest characters, Hugh Dancy laughs easily — though it's the nervous laughter common while watching his show, *Hannibal*.

The series about cannibalistic Dr. Lecter is back for its third season Thursday at 10 p.m. ET/PT on City.

Dancy's tenuously sane profiler Will Graham is recovering from being gutted physically — as Hannibal was emotionally — after betraying his secret to the FBI. Meanwhile, Hannibal is enjoying life as a professor in Italy with accomplice/hostage Bedelia Du Maurier (Gillian Anderson) posing as his wife. We caught up with Dancy about why Will just can't quit Hannibal.

Will is pursuing Hannibal, despite nearly being killed. Is he still with the FBI, or is this personal?

By the end of Season 2, Will has proven that he has no scrap of self-preservation whatsoever. Will is certainly cut off from the FBI, but more to the point, he's cut off from the people who would've been his allies — he doesn't trust them, and they don't necessarily trust him.

Hannibal loves Will, but



Hugh Dancy's character, Will Graham, pursues Dr. Lecter to Florence for Hannibal's third season. BROOKE PALMER/NBC

how does Will feel?

The way I think about it is they've been alone in the world until they recognized something in the other that made them feel not alone, which is as good a description of love as you can have, I suppose.

You had two scenes with Gillian Anderson in Season 2. Will you have more?

I have a few scenes with Gillian, mostly towards the second half, which should serve to tell you that she maintains her presence in the show after we go into the *Red Dragon* storyline.

Dinners on the show are gourmet affairs. Are you a fancy food guy?

Once in a blue moon, who doesn't like a big lavish din-

ner with white tablecloths? But on the whole, I prefer that medium: great cooking but a bit more informal, and good company. I'm more of a wine guy than a food guy, though you can't have one without the other.

What's in your glass these days?

Right now I'm in Germany, so Riesling.



The 'Fresh-start' Stage.

See page 31 for full details.

IN BRIEF

Rogers Media plans to tweak *Hockey Night in Canada* in off-season

As *Hockey Night in Canada* wraps its first season as a Rogers property, changes are already being planned for next. But none of them have to do with controversial rookie host George Stroumboulopoulos, said Rogers Media boss Scott Moore on Tuesday.

Some of HNHC's more outspoken viewers remain staunchly opposed to the new face of the Saturday night double-header, the result of Rogers' 12 years, \$5.2-billion deal for NHL

broadcast rights.

Moore says viewership is up overall on television — but barely, at two per cent.

"*Hockey Night in Canada* — was it up as much as we would like? No, but I think the boys in blue down the street might have had something to do with that," said Moore, citing the disappointing performance of the Toronto Maple Leafs.

He expects more interest next season with the arrival of new Leafs coach Mike Babcock, and budding young star Connor McDavid joining the league, likely in Edmonton.

Rogers Media president Keith Pelley says it's not fair to focus solely on linear TV ratings when more and more people are turning to other platforms, including Game Centre Live and on-demand mobile options.

"It is a multiplatform, long-term rights deal and so you can't look at the linear ratings in isolation," said Pelley.

Still, Moore expected to see adjustments to HNHC in the off-season, guided by detailed analytics, including minute-by-minute ratings and audience surveys.

THE CANADIAN PRESS

Good food for bad eaters

JUNK FOOD FLIP

Nikki Dinki knows eating healthy can be a piece of cake

Eva Kis
Metro in New York City

Not every foodie begins refining their gourmet palate before high school. Take Nikki Dinki, co-host of the Cooking Channel's new show, Junk Food Flip. Until college, Dinki confesses to having the palate of a two-year-old.

Growing up, she only ate three foods: cheese, bread and tomato sauce. But this also meant she mostly cooked for herself beginning at age 9, when her mother gave up trying to force her to eat what the rest of their family ate.

Left to her own devices, she stopped trying new things en-



Nikki Dinki, co-host of Junk Food Flip debuting this week on the Cooking Channel, says when she was growing up she only ate three foods — cheese bread and tomato sauce. ISTOCK

tirely — which later made life in New York City problematic.

"It was difficult to go to restaurants with new friends or to go on a date, and it was embarrassing," she says. "So I decided

to change it."

Fast-forward a few years and Dinki's tastes (and skills) have grown to inspire her new show, which follows her and co-host Bobby Deen (son of Paula, so he knows all about comfort food) around the country to re-imagine guilty pleasures into healthier options.

But they don't just make up a recipe: After flipping dishes in

popular restaurants, they then go head-to-head with the originals in a taste test, judged by the customers who love them.

We asked Dinki where we are going wrong with our favourite foods.

Deep-frying: Dinki says you'd be shocked to know how many calories frying adds: "On one episode of Junk Food Flip, the dish we flipped had a sprinkle

of deep-fried bacon on top. The bacon alone added 600 calories — just for the garnish! Simply pan frying over deep frying can save you serious calories."

Portion size: "Take a small portion of pasta — you know, the size you're 'supposed' to eat — and add vegetables to it," she says. "Vegetables are so low in calories that you can add as many as you want and not even count them."

Meat on the side: Dinki's approach to food is right in the title of her upcoming cookbook: Meat on the Side. "To allow veggies to take centre stage on the plate, you have to manipulate them and do things that maybe most people have never thought of before," she says. She likes to add ancho chili powder and chipotle to sweet potatoes, broccoli and spaghetti squash and "make killer tacos."

Sneaky calories: "If an ingredient is going to have a lot of fat and calories, it should also be adding a lot of flavour," says Dinki. Instead of packing your tacos full of cheese, put it on top so it's the first thing to hit your tongue. "And use stronger cheeses so you don't have to use as much," she adds.

IN BRIEF

Cheaters most likely to meet at a café on a Thursday: Ashley Madison

See that couple speaking in hushed tones in the corner of the coffee shop during the lunch hour on Thursday? According to extra-marital dating site Ashley Madison, it could very well be a pair of cheaters striking up an affair.

In a poll conducted among more than 100,625 members worldwide, the coffee shop was the most popular place for arranging a clandestine first date for 31 per cent of users. Results of the survey also narrowed down the preferred time and day that cheaters are most likely to conduct their business: Thursday, at lunch. AFP



Coffee, a croissant and a torrid affair. ISTOCK

“Vegetables are so low in calories that you can add as many as you want and not even count them.”
Nikki Dinki, host of Junk Food Flip



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MATCH.COM

Mariah dating online

Mariah Carey has joined Match.com — not just for love, but to promote her latest single.

The pop diva joined the dating website early Tuesday as she launched the music video for *Infinite*, which debuted on Match and VEVO.

Carey's profile says she's divorced and has two children. She posted four photos, including one of her singing

and another of her taking a selfie.

The 45-year-old said in a statement: "I hope every woman who is single and listens to this song goes out and finds her infinity, whether on Match or the traditional way."

In her new music video, Carey considers three potential Match suitors.

THE ASSOCIATED PRESS



MILA KUNIS

Stalker on the loose

Authorities focused on transient populations in the search for a man sentenced for stalking actress Mila Kunis after he escaped from a Southern California mental health facility.

Probation officials said Tuesday that

Stuart Lynn Dunn had few local contacts and investigators had no leads. Dunn disappeared Saturday night from the Olive Vista Behavioral Health Center in Pomona by climbing through a bathroom window and scaling a barbed-wire fence, said Deputy Chief Reaver Bingham of the Los Angeles County probation department.

THE ASSOCIATED PRESS



Pharrell Williams, Helen Lasichanh, Kim Kardashian and Kanye West attend the 2015 CFDA Fashion Awards in New York City.

ALL PHOTOS GETTY IMAGES

Pharrell Kanye'd at fashion awards

NEW YORK CITY

Happy singer honoured as fashion icon by CFDA

It was music superstar Pharrell who was being honoured as a fashion icon, but it was another superstar who got a lot of the attention at the annual Council of American Fashion Designers awards on Monday night.

Introducing Pharrell, who was receiving the evening's Fashion Icon award, Kanye West took the opportunity not just to praise his friend, but to express frustration at the fashion industry for, he suggested, its cool reception to his efforts to be a serious fashion designer.

"It is very difficult to break perception," West said. "Fashion had to be the hardest high

school I ever entered. At least I had a big brother," he said, referring to Pharrell, who "talked me through it and kept me going."

Pharrell, in turn, thanked many fashion figures who've been influential in his career and in his personal style, and concluded by saying: "I'm not a style icon. I'm just inspired. And I'm OK with that."

The emotional highlight of the evening, which honours the year's top designers, was when Betsey Johnson,

whose colourful, whimsical designs have been gracing the fashion world for more than 50 years, came onstage to accept her lifetime achievement award.

An ebullient Johnson, 72, treated the crowd to one of her signature cartwheels, and ended it with a split. She then called over her friend, presenter Kelly Osbourne, to help her up off the floor so she could give her speech.

THE ASSOCIATED PRESS

DRESS ON FIRE

Kim Kardashian reported on social media Tuesday that her dress caught fire following the CFDA Fashion Awards.

GOSSIP BRIEFS

Iggy Azalea engaged

So what's the best way to celebrate your 30th birthday with your famous Australian rapper girlfriend?

Proposing marriage, apparently. At least that's what NBA star Nick Young did, asking Iggy Azalea to marry him during his big party, dropping to one knee

and producing a sizeable 10-carat yellow diamond ring, according to TMZ. Oh, and the happy occasion was all caught on camera, naturally. Young and Azalea have been dating for two years — after a first date that apparently involved a trip to Target. That's dope.

THE ASSOCIATED PRESS

ENDLESS

Discovery

In our beautiful river city, we invite you to immerse yourself in the unique experiences that contribute to our living history. From the remarkable beauty of a 6,000 year old heritage site to the authentic flavours of one of our local restaurants, Saskatoon is filled with cultural experiences for you to discover.

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Red and black ink cause the majority of colour-specific skin reactions, according to a study out of NYU Langone Medical Center. ISTOCK

Getting inked linked to skin ailments

HEALTH & SAFETY

Long-term health issues could require tattoo removal

Andrea Park
Metro in New York City

Thinking about getting inked? A new study from NYU Langone Medical Center might make you think twice.

The study found that about 10 per cent of participants with tattoos experienced an adverse skin reaction, and six per cent suffered from a chronic reaction involving a specific colour lasting more than four months; 44 per cent of colour-specific reactions were to red ink, while 25 per cent were to black ink.

Dr. Marie C. Leger, assistant professor at NYU's Ronald O. Perleman Department of Dermatology, talked to us about it.

Are certain inks likelier to cause adverse reactions?

Six per cent of people reported longer-standing chronic reactions and the colours that popped up most frequently were black and red — they're also the most commonly used tattoo colours,

but literature on the topic suggests that with chronic reactions, red can be particularly problematic.

How long can reactions last?

A lot of the chronic ones lasted months to years.

Do these reactions begin right after the tattoo or surface later?

Some of them can happen years later. One of my patients had a red tattoo years and years prior and had never had problems. When she went to get another tattoo on her foot, they used red ink again and

the portion of the main tattoo that was red became really raised and scaly and itchy. But the old tattoo also became raised, scaly and itchy — it also reacted.

That is acting like an allergy, basically. She was exposed to the ink again and all of a sudden her body didn't like red ink. So these don't necessarily pop up immediately after you get a tattoo.

Is this avoidable?

I think if you go to a really good place and take care of it well you can avoid infection. I've talked to some tattoo artists and a lot of the owners who are meticulous about aftercare instructions, so you can definitely prevent some kinds of things, but the longer term chronic things are pretty tough to anticipate who's going to get them and who's not.

How can people treat their symptoms if they do have sensitivity to tattoo ink?

There are several things you can do depending on the severity. Topical steroids help sometimes and injected steroids help sometimes. Removing the tattoo with a laser or surgically can help. The really severe reactions can be tough to treat and tough to get under control.

HEALTH NOTES

Signs you might be reacting to your tattoo ink

Dr. Marie C. Leger identifies symptoms she's linked to adverse reactions toward tattoo ink, including: skin reactions, raised skin, scaliness, itchiness and photosensitivity.



IN BRIEF

Canada: Most of us creep on our ex-partners using Facebook

Feeling not quite over your last breakup? According to a recent study, social media won't help you heal any quicker. Researchers at London, Ontario's Western University report that a whopping 88 per cent of Facebook users "creep" on ex-partners. "Even those who did not actively attempt to view an ex-partner's Facebook profile found themselves inadvertently doing so when content the ex-partner posted appeared in their news feeds," said Anabel Quan-Haase, a professor at Western.

MARIANNE HAYES/METRO IN NEW YORK

Sweden: Waiting to cut the umbilical cord linked to health benefits

In most countries, cutting a newborn's umbilical cord within 10 seconds of birth is the norm. But new research is highlighting potential benefits of delayed cord clamping (DCC). Researchers say that leaving the umbilical cord in place for a few extra minutes allows blood to continue flowing into the baby's circulation, providing the newborn with extra blood. This appears to stave off iron deficiencies down the line. Another study suggests DCC is associated with better fine motor skills years later.

MARIANNE HAYES/METRO

FOOD & HEALTH

Saturated fats shedding bad rep

The American author of an investigative book about saturated fats told a Canadian Senate committee Thursday the country's nutritional guidelines are failing citizens, making them obese and diabetic.

"The diet currently advised for Canadians is a low-fat, failed diet," said Nina Teicholz.

Teicholz, author of *The Big Fat Surprise*, a book which eviscerates the current and widely held view that saturated fats found in animal protein are harmful to health, testified during a session of the Senate committee on social affairs science and technology about the incidence of obesity in Canada, its "causes, consequences and the way forward."

During the hour-long session Teicholz explained the findings of her bestselling book and recent critique of the new, proposed changes to the American nutrition guidelines.

She shone a light on how Canada's diet — dictated by the current Food Guide — is "nutritionally insufficient" and that its focus on carbohydrates, including fruits and vegetables, over animal protein is what is making us sick.

She attacked the current view that Canadians are in the throes of an obesity epidemic

because they aren't following the current nutritional standards and are eating too much junk food. That explanation "isn't supported by the data," she said.

National sugar consumption, according to Statistics Canada, is down 32 per cent, Teicholz told the Senate, recommending this country lift its limits on saturated fat — and animal foods — something, she said, would "go a long way to solving the problem."

In a recent emailed statement to the *Toronto Star*, spokesperson Sean Upton said Health Canada is in the midst of reviewing its current "guidance for consumption (quantity and frequency)" and that guidance could be updated in the future.

Teicholz was invited by the committee to testify as a Senate witness a few months ago — her debut book was published last May — and she was chosen because of her "well-articulated point of view that contradicts social assumptions around diet," says Nova Scotia Senator Kelvin Ogilvie.

The committee is almost finished hearing from witnesses on this matter, said Ogilvie. After that, it will author a report. TORSTAR NEWS SERVICE



Nina Teicholz, author of *The Big Fat Surprise*, has peameal bacon and fried egg at Carousel Bakery in St. Lawrence Market in Toronto. VINCE TALOTTA/TORONTO STAR

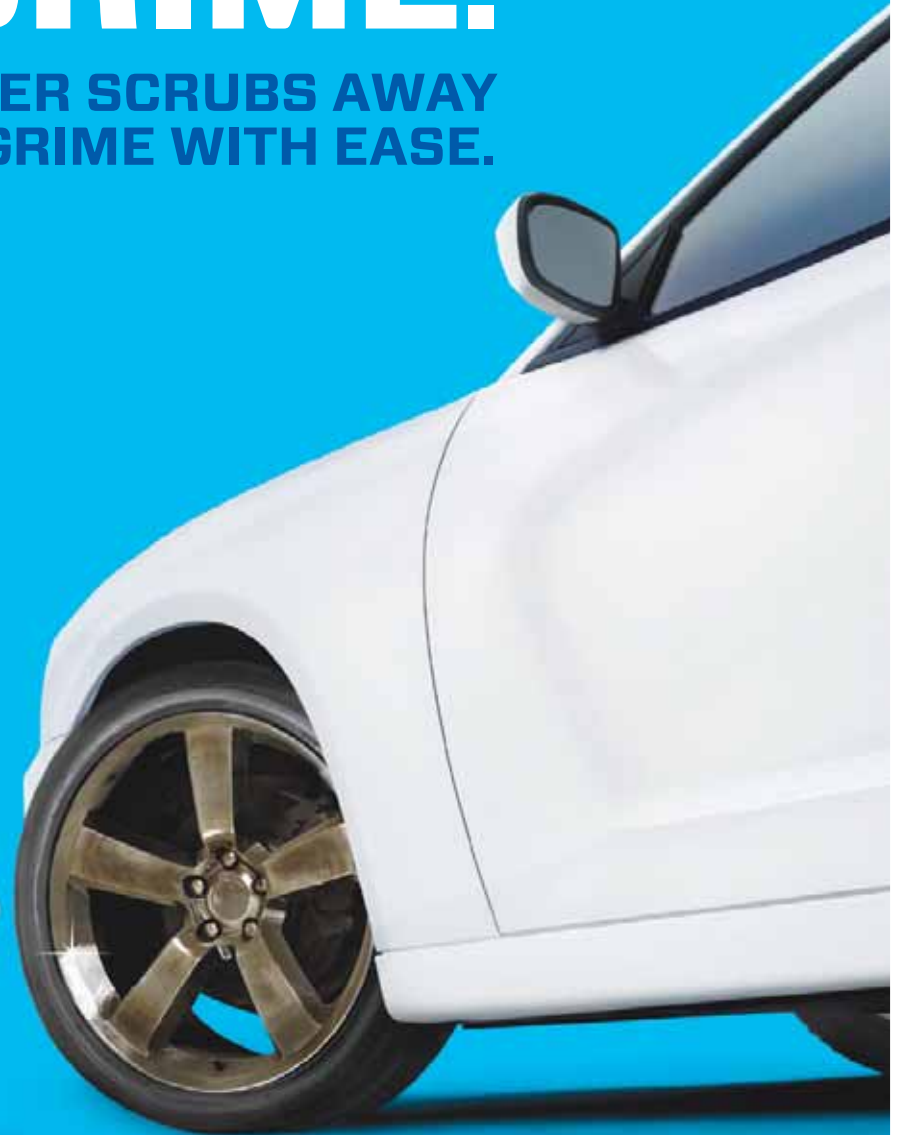


The 'Let's-downsize' Stage.

See page 31 for full details.

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TO CLEAN
THERE'S
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4Runner tackles rough stuff



JIL MCINTOSH/FOR METRO

THE CHECKLIST 2015 TOYOTA 4RUNNER

THE BASICS

Type. 4-door, 5- or 7-passenger midsize 4WD SUV
Engine (hp). 4.0-litre V6 (270)

Transmission. Five-speed automatic

Price. Base \$39,060; as-tested \$45,575 (plus destination)

POINTS

- All 4Runner trims include a towing package, and can pull up to 2,268 kilograms.
- Terrain Edition includes crawl control, an off-road cruise control that can be set for 1.5 to 5 km/h.
- Downhill assist control will automatically slow the 4Runner on steep off-road inclines.



JIL MCINTOSH/FOR METRO

COOL FEATURES

- Touch-screen audio with satellite radio.
- Standard rear-view camera.
- Power-operated liftgate window.
- Tire pressure monitoring system.
- 40/20/40 folding and reclining rear seats.

MARKET POSITION

The 4Runner plays in a small field. 4WD, body-on-frame SUVs aren't as fuel efficient as unibody models and are more capable than most people need. Toyota also used to offer the retro-styled FJ Cruiser, a competitor to the Jeep Wrangler.

THE COMPETITION



Jeep Cherokee
Base price: \$24,495



Nissan Xterra
Base price: \$34,013



Subaru Forester
Base price: \$25,995

REVIEW

Toyota SUV also behaves on highways, city streets

Jil McIntosh
For Metro

In the beginning, there were trucks. And from trucks we got utility vehicles, which could handle the rough-and-tough just as well, but carry more people.

Eventually they morphed into the sport utility vehicle, or SUV, most of which soft-

ened their tough edges to become more car-like. But there are still a few that can really tackle the rough stuff, including Toyota's 4Runner.

It's still body-on-frame construction, and on this reviewer's Trail Edition tester, you get a part-time four-wheel-drive system that you engage with a lever and which is meant only for off-road, where it'll take the 4Runner through just about anything. If you prefer a four-wheel system that can also be used on dry roads, the Limited trim line uses full-time 4WD.

All 4Runner models contain a 4.0-litre V6 engine with a five-speed automatic transmission. It's a gutsy engine

and a good fit, but this is a heavy vehicle and you'll need to be prepared for the fuel consumption. It's officially rated at 12.8 L/100 km in combined driving, but when this reviewer drove it in cold weather, she topped out at 17.2 L/100 km.

The default configuration is five-passenger seating, but the top-line Limited trim can be optioned to seven passengers. On my Trail Edition tester, the cargo area floor is covered with a handy tray that'll hold 200 kilograms and pulls out for easier loading. You can also hide valuables in the shallow cubby under the tray.

The power-operated rear window disappears com-

pletely into the liftgate so you can toss items in, and can be operated from the key fob, but the liftgate itself is heavy and it takes a

serious tug to pull it closed.

Despite its considerable off-road ability, the 4Runner still behaves well on city streets, and it's quiet and well-mannered on the highway.

The cabin may look a little dated, but the big, simple controls let you adjust the climate or stereo with a minimum of distraction.

The 4Runner's probably far more than most people need, but for those who want both daily urban transportation and a serious off-roader for weekends, this could fit the bill.

“

You'll need to be prepared for the fuel consumption



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metronews.ca/panel



The 'Encore' Stage.

See page 31 for full details.

SELF-DRIVING VEHICLES

Era heralds fewer cars on roads



An early prototype of Internet search giant Google's self-driving car. GOOGLE

AUTO PILOT

Mike Goetz



Not too long ago the only time people used the word “disruptive” was to describe that kid in grade school who was adept at knocking the class off its educational stride.

Now every time we hear the word, it seems to be in reference to technology and innovation, and how “disruptive technology” is going to be, well, very disruptive to whatever is going on at the moment.

Digital technology and the Internet are the most obvious and largest “disrupters” of late, and they’re just getting started.

Yet we’re also heading into an era where we will see a huge disruption in how we use and own vehicles. A vehicle that can do its thing without a human driver, and without accidents, opens up so many

possibilities and scenarios, it’s hard to image how anything on the current automotive scene would remain unaffected.

The entities that now design and build our vehicles will have the most adjusting to do, if they want to stay in the “mobility” game. We’re already seeing Silicon Valley players, such as Google and Apple, becoming a factor in this industry, which previously revolved around places such as Detroit, Wolfsburg, and Toyota City.

Not only is their technological influence at stake, so is their

manufacturing importance.

In a driverless world, you just don’t need as many vehicles.

A recently released research paper from the English bank

Barclays predicted driverless cars will reduce vehicle sales in the U.S. by 40 per cent over the next 25 years, and force domestic players, such as GM and Ford, to cut production here in North America by more than half. Ouch.

The paper also forecasted the main vehicle types that would populate this smaller vehicle pool:

- Traditional vehicles, with no (or limited) self-driving capabilities. These vehicles would primarily be trucks and vans used for work-related activities, but would also include performance and sporty vehicles that some people would want to “self” control, because they find that kind of thing fun.

- Family Autonomous Vehicles (FAVs) would be self-driving vehicles owned by individual families. This category would more or less replace the current luxury category, because it would have elements of status, comfort, and exclusivity.

- Shared Autonomous Vehicles (SAVs) would be one of the main ways people would get around. Think “robot taxi” service.

- Pooled Shared Autonomous Vehicles (PSAVs) would be similar to SAVs, except the “robot taxi” service would take multiple riders at the same time.

This low-cost transportation option would be a further incentive to forget about “owning” your own car.



In a driverless world, you just don’t need as many vehicles

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- Minimum 50% brake life remaining
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Art Cars hit 40 years

MILESTONE

BMW launches worldwide anniversary celebration

BMW's famous collection of Art Cars, which turns 40 this year, will be celebrated at events in Miami, New York and Shanghai throughout the year, the auto giant has revealed.

Since 1975, with the help of some of the biggest names in contemporary art, BMW has been providing some of its most iconic models with an injection of colour.

Auctioneer Hervé Poulain initiated the concept of the Art Cars, himself a former racing driver before becoming vice-



Art Cars on exhibit at the Concorso d'Eleganza Villa d'Este at Lake Como, Italy, last month. BMW

president of Artcurial auction house, in collaboration with BMW and Jochen Neerpasch, director of Motorsports for BMW at the time.

In 40 years, no fewer than 17 artists have immortalized the most beautiful BMWs, including

Alexander Calder (BMW 3.0 CSL, 1975), Roy Lichtenstein (BMW 320i Turbo, 1977), and Andy Warhol (BMW M1 Group 4, 1979).

BMW has not yet specified the dates of the Art Cars exhibits for New York, Miami and Shanghai. AFP

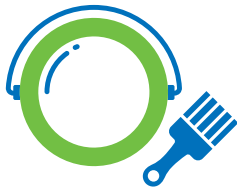
+ AUTO NEWS FORD OPENS ITS E-CAR PATENTS UP TO RIVALS

Ford has realized that if the auto industry is to have the breakthrough it needs to make e-cars the norm, collaboration is going to be just as crucial as competition. The automaker revealed it is to open up its e-car patents to its rivals. “The way to provide the

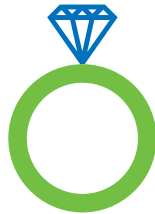
best technology is through constant development and progress,” said Kevin Layden, director, Ford Electrification Programs. “By sharing our research with other companies, we will accelerate the growth of electrified-vehicle technology and deliver even better prod-

ucts to customers.” In 2014 alone, Ford filed more than 400 patents pertaining to e-car technology in the U.S. — more than 20 per cent of all patent applications made over the past year. E-car competitor Tesla has already opened up its patents book to anyone. AFP

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The 'Encore' Stage

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The interior of a 1948 1½ litre-engine Jaguar, restored by its owner in Islamabad, Pakistan. B.K. BANGASH/THE ASSOCIATED PRESS

Rides of a bygone time

VINTAGE CARS

Pakistan's collectors preserve part of history

For an elite but passionate group of vintage car collectors in Pakistan, restoring antique rides is like travelling

back in time — and money seems to be no obstacle when the prize is a Lincoln convertible that belonged to an Afghan king or a Rolls-Royce once used by India's last viceroy.

Mohsin Ikraam, president of the Vintage and Classic Car Club of Pakistan, says the collectors help preserve a portion of the region's history of the past century. Among rich Pak-

istanis, he says, the desire to own classic automobiles has been growing and the club's membership has now topped 10,000.

The club sponsors many promotions and events where owners roll out their antiques for annual car shows or take them on rallies spanning hundreds of kilometres across Pakistan — something that might

Zafar's says his "first love" was a maroon, six-cylinder Wolseley 1936 model — a "wreck" when he found it in 1988. It took him several years and trips abroad to hunt down parts to restore it to original condition, he said.

Getting spare parts is the most challenging aspect of the hobby, the collectors say, and parts are often shipped from

the U.S. or Europe. Advertisements are put in foreign newspapers — even friends travelling abroad are recruited for help.

In response to an ad in 2004, a London broker got Karachi-based businessman Karim Chhapra an original clock he desper-

ately wanted for his 1924 Rolls-Royce Silver Ghost model. It cost £400 — or about \$725 US at the time.

The Rolls-Royce won first place at an international Concours D'Elegance car show in Kuwait in 2012, Chhapra says, and his American 1929 Hupmobile came in second.

The Rolls was originally owned by a prince, Nawab Sadiq Muhammad Khan Abbasi, in the then-India's Bahawalpur state, which later became part of Pakistan. Lord Mountbatten, the last viceroy of India, and Pakistan's father of the nation, Muhammad Ali Jinnah, rode in it together during the 1947 ceremony marking the birth of Pakistan.

It had remained garaged for decades, said Chhapra. When he occasionally takes the \$462,000 Rolls-Royce for a spin, people on the streets stop him for a selfie.

THE ASSOCIATED PRESS

11M

The estimated value — in U.S. dollars — of Pakistan's classic cars industry. THE ASSOCIATED PRESS

raise eyebrows among those aware of just how volatile this country can be. To outsiders, Pakistan is better known for militant havens in its north-western tribal areas and Taliban insurgents who have fought for more than a decade to overthrow the government and impose a harsh version of Islamic law, killing tens of thousands of people in the war.

But Pakistan's gearheads are a testament to the universal appeal of fixing up and maintaining vintage cars. Take businessman Raja Mujahid Zafar, for one.

He has nearly 40 classic cars — the oldest among them a 1914 Ford Model T — at his palatial Islamabad home. A special section of the house and grounds is dedicated to his hobby, including a big concrete garage and two outdoor shelters.

"You can't stop time," he said, touching the Ford's copper-plated insignia, "but you can drive back into the past."

He imagines the car whizzing about on roads back when the region was still a British colony, scenes reminiscent of old movies. "That's the historical ride you enjoy."

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Raja Mujahid Zafar takes his Wolseley 1936 model car for a spin in Islamabad, Pakistan. B.K. BANGASH/THE ASSOCIATED PRESS



Instead of throwing your clothes into the dryer on National Clean Air Day, why not hang them on a clothesline? SHUTTERSTOCK

Don't take clean air for granted

NATIONAL CLEAN AIR DAY

Take time to realize you can make a difference

Krista Sylvester
For Metro

It's easy to take clean air for granted when you look to the sky and see a beautiful blue horizon, but that's not always the case.

That's why National Clean Air Day (today) is the perfect time for Canadians to take a deep breath of fresh air and think about how important it is, says Environmental Defence executive director Tim Gray.

"I think it's important to have events like Clean Air Day because it gets people thinking about the issues related to the environment and brings awareness to the forefront," he said. "I think it's also a chance for people to take a step back and realize we can make a difference and look at the changes being made."

Gray said Canadians can look to one example of positive environmental change — Ontario's beautiful blue skies; they weren't always that way.

"You know, people in Ontario can look up at this beautiful blue sky, but for decades it had an orange tint to it. But since we've closed the coal



+ SUSTAINABLE TRANSPORTATION

Environment Canada spokesperson Danny Kingsberry has some tips on how Canadians can get involved for National Clean Air Day.

Kingsberry said one of the biggest contributing factors to air pollution is the transportation sector and said Canadians should commit to sustainable transportation.

"When you use public transit, cycle or walk, you can reduce your personal

emissions, save money used on fuel, contribute to your personal health and much more," he said.

Here are five other things Canadians can do:

- Make your house more energy efficient.
- Avoid burning trash, start a compost.
- Use hand-powered garden tools.
- Reduce, reuse, recycle.
- Avoid idling your vehicle.

plants down it's just blue. I think that it's important to point out that we really can make a difference."

Gray said Canadians can do their part, not only for national events such as Clean Air Day, but everyday.

"It's as simple as riding your bike to work, or buying a more

gas efficient car. Maybe instead of throwing your clothes into the dryer you can hang them out on a clothesline and they will smell like fresh air. There are lots of little everyday life things people can do to help, and the best part is it not only helps the environment, but it's usually better on their pocketbook, too."

Keep up the good work Alberta.

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(SINCE 1997)



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BEVERAGE CONTAINERS
(SINCE 1997)



116 MILLION
USED OIL FILTERS
(SINCE 1997)



28 MILLION
KG OF
OF USED OIL CONTAINERS
(SINCE 1997)



15 MILLION
LITRES OF
PAINT
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SPRAY PAINT CANS
(SINCE 2008)



6.9 MILLION
COMPUTERS & TVS
(SINCE 2004)



92 MILLION
TIRES
(SINCE 1992)



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CSA head calls women's game 'a shining light'

WOMEN'S WORLD CUP Soccer boss sees Canadian event restoring game's lustre

The head of Canadian soccer says the Women's World Cup may help restore the shine of world soccer despite the mushrooming FIFA scandal.

The turmoil in the sport's world governing body took another turn Tuesday as president Sepp Blatter, just four days after winning re-election, announced plans to step down.

Canadian Soccer Association president Victor Montagliani welcomed the news of Blatter's departure, saying change was needed in the FIFA boardroom because "I think we've lost our moral compass in the game."

"Hopefully this is the start of us giving it back."

Montagliani says the Women's World Cup will help that.

"The women's game in a lot of ways is a shining light that may part the clouds here," Montagliani told The Canadian Press on Tuesday. "Women's football is in such a pure state in terms of these girls really play for the jersey, really play for the love of the game. We're not talking big-money athletes. There's a purity to it."



Canada forward Adriana Leon clashes with England's Claire Rafferty during Friday's friendly at Tim Hortons Field in Hamilton. Canada opens up World Cup play this Saturday at Commonwealth Stadium. GEOFF ROBINS/AFP/GETTY IMAGES

"I think we've lost our moral compass in the game."

Canadian Soccer Association president Victor Montagliani

Blatter was surprised, Montagliani said.

The CSA president said he had not expected Blatter to ful-

fil his term but was surprised the end came so soon.

Asked how Blatter will be remembered, Montagliani said "probably, in the short-term, not very well." That cloud will overshadow the fact there was growth during his years as general secretary and then president.

Montagliani says he never saw any signs of shady business in FIFA. He cited cultural differences in doing business

around the world, but "there's a difference between accepting differences and what's coming out (in the scandal)."

Montagliani was elected president of the CSA in 2012, one year after Blatter ran unopposed.

The native of Burnaby, B.C., was a CSA vice-president for three terms, and has been a member of its executive committee since 2005.

THE CANADIAN PRESS

MEN'S SOCCER Akindele chooses Canada

FC Dallas forward Tesho Akindele has committed to Canada.

The Calgary-born Akindele, who also has U.S. citizenship, was part of Benito Floro's Canadian roster announced Tuesday for the World Cup qualifying series against Dominica that opens next week.

"I'm extremely excited, just honoured to get a chance," Akindele told The Canadian Press.

Akindele, named MLS rookie of the year in 2014, accepted and then declined a Canadian invitation in November and attended a U.S. camp in January. But

he has yet to be cap-tied.

That will change as soon as he sets foot on the field for Canada, currently ranked 115th in the world, in the home-and-away series against No. 165 Dominica.

Akindele, who attended a Canadian under-17 camp in Costa Rica in the past, said he consulted friends, family and teammates in making his decision.

"Also I just thought I was born a Canadian citizen," Akindele said. "Every time I dreamed of international soccer, it was Canada that I thought of. Because I never knew I'd have the option of playing for America."

"So I thought I should just go with what I've always felt my whole life." THE CANADIAN PRESS



Tesho Akindele
GETTY IMAGES FILE

MLB Pillar powers Jays to double-dip split

Kevin Pillar hit two home runs off Max Scherzer, and the Toronto Blue Jays snapped a four-game skid with a 7-3 win over the Washington Nationals in the second game of a day-night doubleheader.

The Nationals won the opener 2-0.

Pillar hit a solo shot in the second and, with Washington ahead 3-1 in the fifth, he put Toronto back in the lead with a three-run homer down the left-field line. THE ASSOCIATED PRESS



Kevin Pillar drove in four runs for the Blue Jays on Tuesday night. KEVIN PILLAR/GETTY IMAGES

IN BRIEF

Canada has hope in Hendo

Lorie Kane was the last Canadian to win an LPGA event back in 2001. Fourteen years later, her young protege hopes to end that drought on home soil.

Brooke Henderson highlights a contingent of 10 Canadian golfers at this week's Manulife LPGA Classic at Whistle Bear Golf

Club in Cambridge, Ont. In her first season as a pro, the 17-year-old has already come close to winning a championship and ending Canada's barren run.

"We're hoping to change that this week," said Henderson, sitting alongside her caddie, older sister Brittany, in a news conference Tuesday.

Brooke Henderson
GETTY IMAGES

FRENCH OPEN

Vintage Federer absent on red clay

Stumbling on his way to the net, Roger Federer dropped his racket and fell to his knees on the red clay. Hardly the sort of grace and precision the world has come to expect from the 17-time Grand Slam champion.

"I made 30-something errors today. He, maybe, made one," said Federer, exaggerating a bit after his 6-4, 6-3, 7-6 (4) loss in the French Open quarter-finals Tuesday to Swiss Davis Cup teammate Stan Wawrinka.

THE ASSOCIATED PRESS



Roger Federer was eliminated from the French Open on Tuesday. GETTY IMAGES

RECIPE Edamame Salad



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

Twitter: @rosereisman



The perfect protein-filled vegetarian salad.

Ready in

Prep time: 10 minutes
Cook time: 8 minutes

Ingredients

- 13 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- ½ diced water chestnuts
- ½ cup diced red bell pepper
- ¼ cup chopped green onions
- ¼ cup chopped cilantro
- 2 Tbsp low-sodium soy sauce
- 1½ Tbsp rice vinegar
- 1 Tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- ½ tsp minced ginger
- 1 tsp toasted sesame seeds

Directions

1. Boil edamame beans just until bright green, approximately three minutes. Drain and rinse with cold water. Place in serving bowl.

2. In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately five minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.

3. Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

Nutrition per serving

- Calories 257
- Carbohydrates 29 g
- Protein 17 g
- Fat 7.9 g
- Cholesterol 10 mg
- Sodium 398 mg
- Fibre 3.6 g

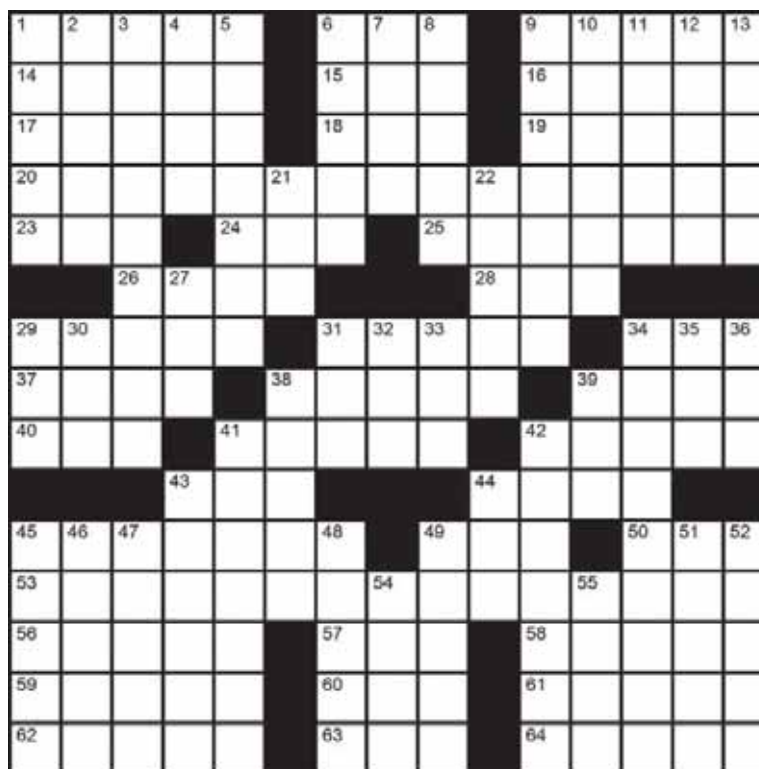
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Did some betting at the casino
6. Stephanie Mills song: "What __ Gonna Do with My Lovin'"
9. __ and pains
14. Make __ of
15. Faith, for short
16. Utah city
17. Architectural colonnades
18. 'Ranch' suffix
19. Evita musical surname
20. Neighbour of Cdn. territory the Yukon: 4 wds.
23. Henry James __ (British poet)
24. Twi'__ (Humanoid species in the 'Star Wars' universe)
25. Tornado
26. Bitty bug
28. Born, in Boucherville
29. Eyewear, colloquially
31. X-__
34. Faint
37. Waiter's prop
38. Strong
39. Gateway
40. Nevertheless
41. Baby bird sounds
42. Sunups
43. Pecan
44. "It's __ too long!"
45. Famed hotel in New York, Waldorf __
49. Mints brand, __ tac
50. Brain liquid [acronym]
53. 16th-century



- English explorer who searched for the Northwest Passage in Canada: 2 wds.
56. Elongated circles
57. Road coat
58. Monk, in Montreal
59. Musical group

- of nine
60. Long list's ender
61. "This is __ sudden!"
62. " __ Anatomy"
63. "Go team!"
64. Green hue

DOWN

1. Fill with fuel: 2 wds.
2. Nervous
3. APTN cooking show, " __ & Marmalade"
4. Coup d'__
5. Removes pepper's table partner
6. False __ (Van-couver inlet)
7. Someone's saver
8. Upward
9. Submitted a CV
10. Wrinkle
11. "The Magnificent Seven" (1960) actor Mr. Buchholz
12. Call forth
13. Navigational aid-at-sea

21. Golfing prop
22. Bristled, like barley
27. Glacial
29. Pig pen
30. __-med student
31. "Sheila" by Tommy __
32. Swiss peak
33. Olde-style word
34. Canadian blues group, __ Blues Band
35. Particle
36. Bride's new title
38. __ stone (Cannot be changed): 2 wds.
39. Actor, Daniel __ Kim
41. Sticking to tradition sorts
42. The little point between the '2' and '5' of 2.5
43. Rachel __, Alberta's new Premier
44. Diner's shirt protector
45. In with
46. Relish an enjoyable experience or flavour [var. sp.]
47. Big name in air conditioners
48. Blue Rodeo's " __ the Rain"
49. Statue of Liberty's light
51. Feel
52. Ozone-damaging refrigerant
54. Pro __ (In proportion)
55. Unaccompanied

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

A decision needs to be taken about your financial situation and it is up to you to take it and make it work. Don't keep quiet and let others call the shots — if you do it is they who will gain and you who will pay.

♉ Taurus April 21 - May 21

A battle of wills is likely today but because it is a battle that neither side can win you are advised not to take it too seriously. Speak your mind but don't waste time and energy trying to get others to change theirs.

♊ Gemini May 22 - June 21

If you recently made some kind of error then hold up your hand and admit it. No one will think less of you and punishment is unlikely to be severe. Swallow your pride and accept your share of the blame.

♋ Cancer June 22 - July 23

If you find yourself arguing over a subject you feel strongly about today make sure it does not get out of hand. It is not worth putting a friendship at risk to win a debate that soon everyone will have forgotten about.

♌ Leo July 24 - Aug. 23

You will find your options limited today and there is nothing much you can do about it. It may not be your way to do nothing, but sit tight and wait for the restriction to pass.

♍ Virgo Aug. 24 - Sept. 23

You will hear something over the next 24 hours that you utterly disagree with, but this is not a good time to make your feelings known. It could be that someone is being deliberately provocative just to see how you react.

♎ Libra Sept. 24 - Oct. 23

You won't lack for advice today, but how much of it is good advice? Hardly any of it, according to the planets, so ignore what others say and follow your instincts.

♏ Scorpio Oct. 24 - Nov. 22

There are times when it is right to forgive and forget but this isn't one of them. If you let someone who has damaged you in some way off the hook it will make you look weak and encourage others to take advantage. Get tough.

♐ Sagittarius Nov. 23 - Dec. 21

Don't waste your time and energy trying to figure out something that most likely has no meaning at all. This is one of those occasions when, if you ignore a problem, it won't be a problem for long, so leave it alone.

♑ Capricorn Dec. 22 - Jan. 20

Because everyone else seems happy with what's going on you may be reluctant to voice your disapproval, but chances are if you speak up today others will be encouraged to do as well. You're by no means alone.

♒ Aquarius Jan. 21 - Feb. 19

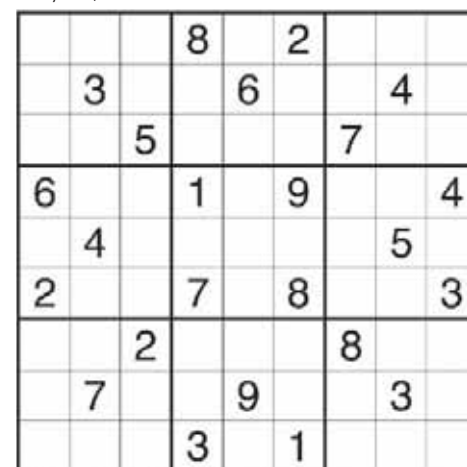
You will encounter opposition in some way today and you are going to have to find a way to balance your domestic responsibilities and your career ambitions. It won't be easy but it can be done — so do it!

♓ Pisces Feb. 20 - March 20

You will get frustrated with people who can't make up their minds today. For your own peace of mind it might be best to leave them out of your plans altogether and just do your own thing.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★★★★

6/97

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